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Yowza Technical Support

877-969-9240

Enter Serial Number: _____

Enter Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **350LBS (160 Kg)**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use “safety key” when operating the treadmill and make sure the “safety key” is clipped to the users clothing.
- The cell phone signal might interfere treadmill functions, keep the cell phone away from the motor hood.
- Please Always put the safety key on “ON” position, and use the power switch to ON/OFF machine. “Safety Key” is designed for emergency stop, and it is “NOT” for the power ON/OFF the treadmill.

Remove the “safety key” and store it in a safe place when the treadmill is not in use. Keep the “safety key” away from children.

POWER REQUIREMENTS

Power Requirements:

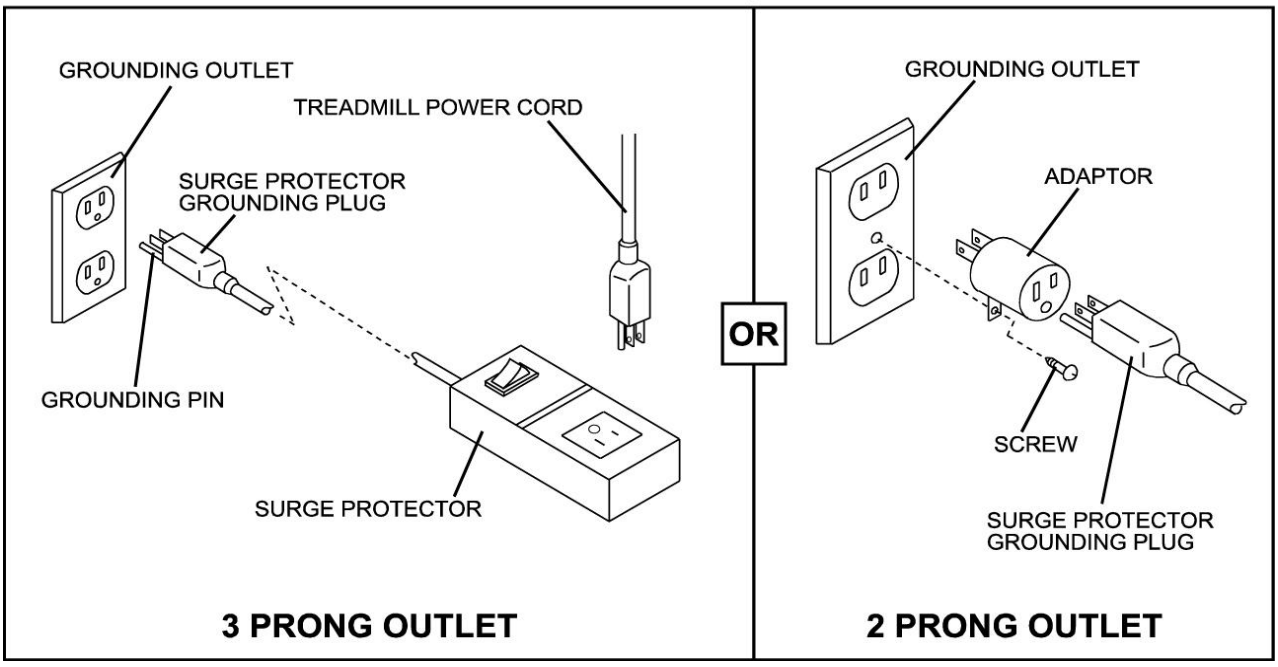
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on pages 5-6 for a full count of the parts included. If you are missing any parts or have any questions contact us directly.

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than **350LBS (Approx. 160 Kg)**. It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

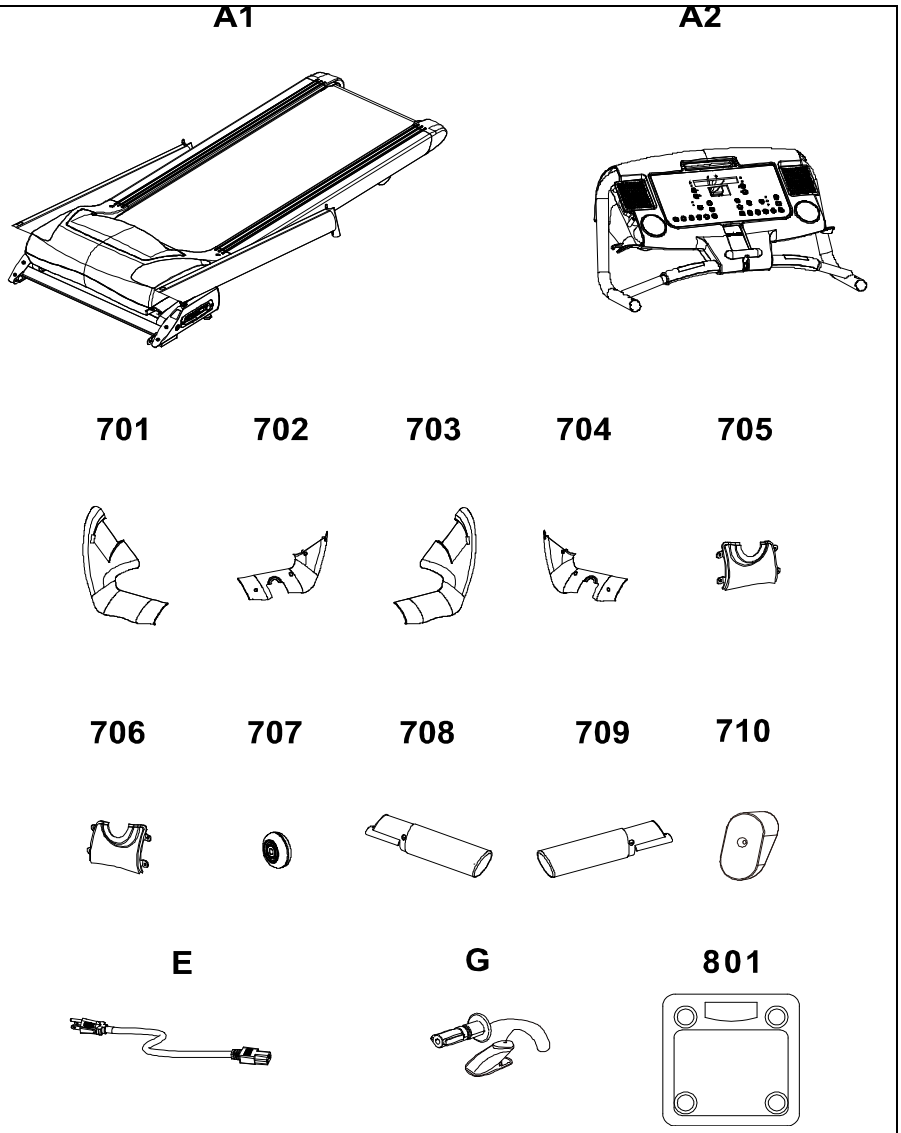
Always check the wear and tear components like pulley, belts, etc.…To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

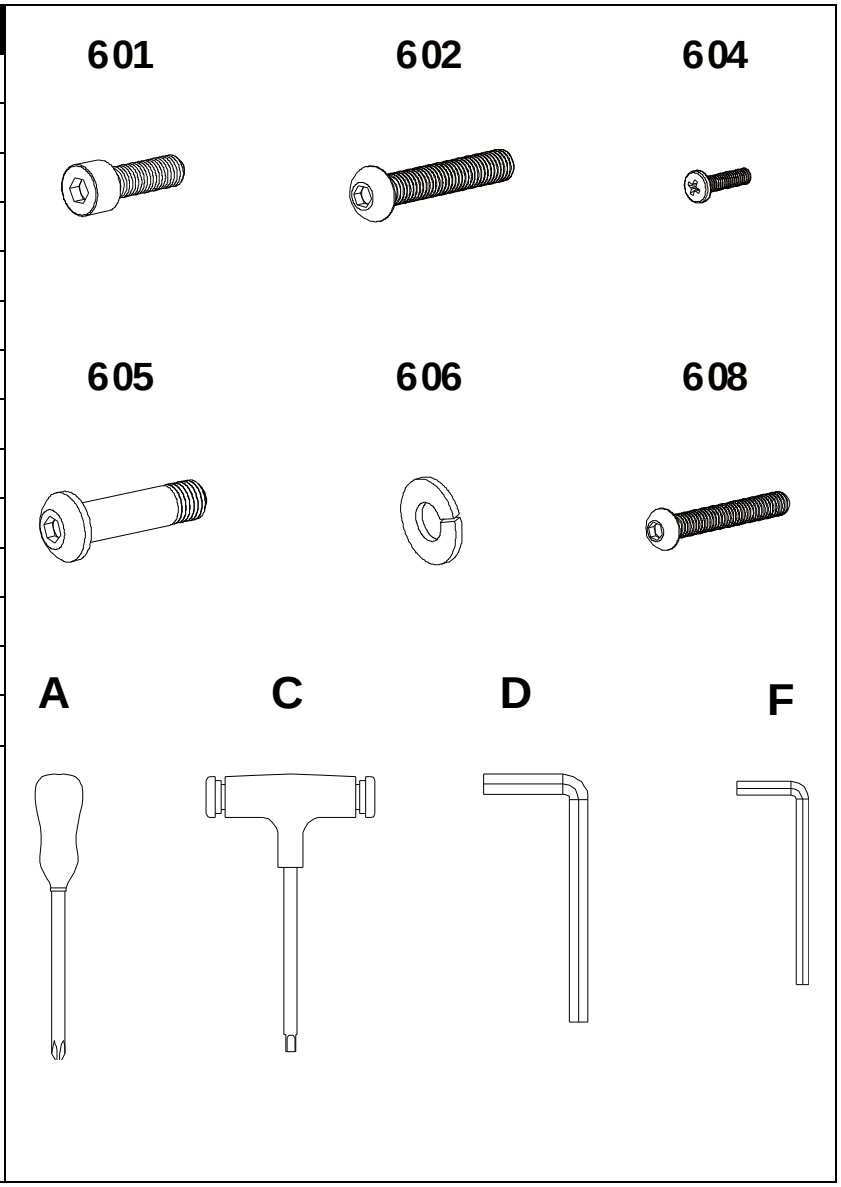
No.	Description	Qty.
A1	Main Frame Assembly	1
A2	Console Assembly	1
701	Upright Cover – LL	1
702	Upright Cover – LR	1
703	Upright Cover – RR	1
704	Upright Cover – RL	1
705	Upright Side Cover – Left	1
706	Upright Side Cover – Right	1
707	Wheel 65x25mm Set	2
708	Left Handlebar	1
709	Right Handlebar	1
710	Upright Lower Cap	2
810	IWM Scale	1
E	Power Cord	1
G	Safety Key	1

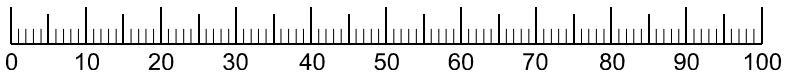


SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
601	M8x25mm Allen Head CAP Bolt	2
602	M8x50mm Allen Head Bolt	4
604	4x15mm Screw	14
605	M10x45mm Bolt	2
606	10x22x2mm Spring Washer	2
608	M6x45mm Bolt	2
A	Screwdriver	1
C	6mm T-Type Allen Key	1
D	5mm Allen Key	1
F	4mm Allen Key	1





MILLIMETERS

PARTS LIST

Item No.	Description	Qty.	Part No.
DAYTONA-100			
101	Base Frame	1	DAYTONA-101
102	Console Support Tube	1	DAYTONA-102
103	Elevation Support Tube	1	DAYTONA-103
104	Deck Frame	1	DAYTONA-104
105	Left Upright	1	DAYTONA-105
106	Right Upright	1	DAYTONA-106
107	Shock Locker Tube	1	DAYTONA-107
108	Left Handlebar	1	DAYTONA-108
109	Right Handlebar	1	DAYTONA-109
110	Rear Wheel Holder - Left	1	DAYTONA-110
111	Rear Wheel Holder - Right	1	DAYTONA-111
DAYTONA-200			
201	Motor Holder	1	DAYTONA-201
202	Elevation Gear Sleeve	1	DAYTONA-202
203	Elevation Gear Sleeve Holder	1	DAYTONA-203
204	Power Switch Plate	1	DAYTONA-204
205	Front Roller	1	DAYTONA-205
206	Rear Roller	1	DAYTONA-206
207	Running Deck Support Tube	3	DAYTONA-207
208	Running Deck Support Tube Foam Grip	3	DAYTONA-208
211	Plastic Clamp Bracket	2	DAYTONA-211
212	Oilless bushing	4	DAYTONA-212
214	Compression spring	1	DAYTONA-214
217	Running Belt	1	DAYTONA-217
219	Running Deck	1	DAYTONA-219
221	Base Frame Fixed Plate	2	DAYTONA-221
222	Cushion M8X36X10	2	DAYTONA-222
223	Spring D:2.0 x L: 217mm	2	DAYTONA-223
DAYTONA-300			
301	Rectangular Cushion 101x34x19.25	2	DAYTONA-301
302	Rectangular Cushion 101x25x19.4	2	DAYTONA-302
303	Fixed Block	10	DAYTONA-303
304	Deck Rubber Cushion	2	DAYTONA-304
305	Cushion Pad	4	DAYTONA-305
306	PU cushion	1	DAYTONA-306
307	Wheel Bushing 26x12x10mm	4	DAYTONA-307
308	Wheel OD: 76x25mm	2	DAYTONA-308
309	Wheel Bracket Pivot	2	DAYTONA-309
310	Plastic Clamp – Top	2	DAYTONA-310
311	Plastic Clamp - Bottom	2	DAYTONA-311
312	Deck Frame Side Cover – Left	1	DAYTONA-312
313	Deck Frame Side Cover – Right	1	DAYTONA-313
314	Console Housing – Top	1	DAYTONA-314
315	Console Housing – Bottom	1	DAYTONA-315
316	Wheel OD: 65x25mm	2	DAYTONA-316
317	Console PC board	1	DAYTONA-317
318	Speaker Cover – Left	1	DAYTONA-318

PARTS LIST

Item No.	Description	Qty.	Part No.
319	Speaker Cover – Right	1	DAYTONA-319
320	Side Rail End Cap – Left	1	DAYTONA-320
321	Side Rail End Cap – Right	1	DAYTONA-321
322	Elevation Support Tube Cover – Left	1	DAYTONA-322
323	Elevation Support Tube Cover – Right	1	DAYTONA-323
325	Vent Cover	1	DAYTONA-325
326	Motor Belly Pan	1	DAYTONA-326
327	Motor Hood	1	DAYTONA-327
328	Base Frame End Cap	2	DAYTONA-328
329	Elevation Support Tube Cap	2	DAYTONA-329
331	Handlebar End Cap	2	DAYTONA-331
332	Side Rail	2	DAYTONA-332
333	Level Adjuster	2	DAYTONA-333
334	Driving Belt	1	DAYTONA-334
335	Wheel Bushing 22x19x12mm	4	DAYTONA-335
336	Running Deck Fixed Plate	10	DAYTONA-336
337	Power Plate Cover	1	DAYTONA-337
340	Fan Bracket – Top	1	DAYTONA-340
341	Fan Bracket – Bottom	1	DAYTONA-341
342	Adjustable Vane	1	DAYTONA-342
343	iPod Dock Bracket Cover – Top	1	DAYTONA-343
344	iPod Dock Bracket Cover – Bottom	1	DAYTONA-344
345	Pad	1	DAYTONA-345
346	Cylinder Rubber Cushion	2	DAYTONA-346
347	Screw Cushion	2	DAYTONA-347
351	Overlay	1	DAYTONA-351
DAYTONA-400			
401	Hand Pulse Upper Cover – Left	1	DAYTONA-401
402	Hand Pulse Bottom Cover – Left	1	DAYTONA-402
403	Driving Motor	1	DAYTONA-403
404	Power Breaker	1	DAYTONA-404
405	Power Socket	1	DAYTONA-405
406	Power Switch	1	DAYTONA-406
407	Fan	1	DAYTONA-407
408	Elevation Motor	1	DAYTONA-408
409	Transformer	1	DAYTONA-409
410	3/8” Cable Tie	5	DAYTONA-410
411	5/16” Cable Tie	3	DAYTONA-411
412	iPod Dock	1	DAYTONA-412
413	8pin Computer Wire - Upper	1	DAYTONA-413
414	8pin Computer Wire - Lower	1	DAYTONA-414
415	Safety Key Wire – Upper	1	DAYTONA-415
416	Safety Key Wire – Lower	1	DAYTONA-416
417	Connection Wire	1	DAYTONA-417
418	3C Power Wire	1	DAYTONA-418
419	3C Power Connection Wire	2	DAYTONA-419
420	Power Connection Wire	3	DAYTONA-420
421	Safety Key Connection Wire – Black	1	DAYTONA-421

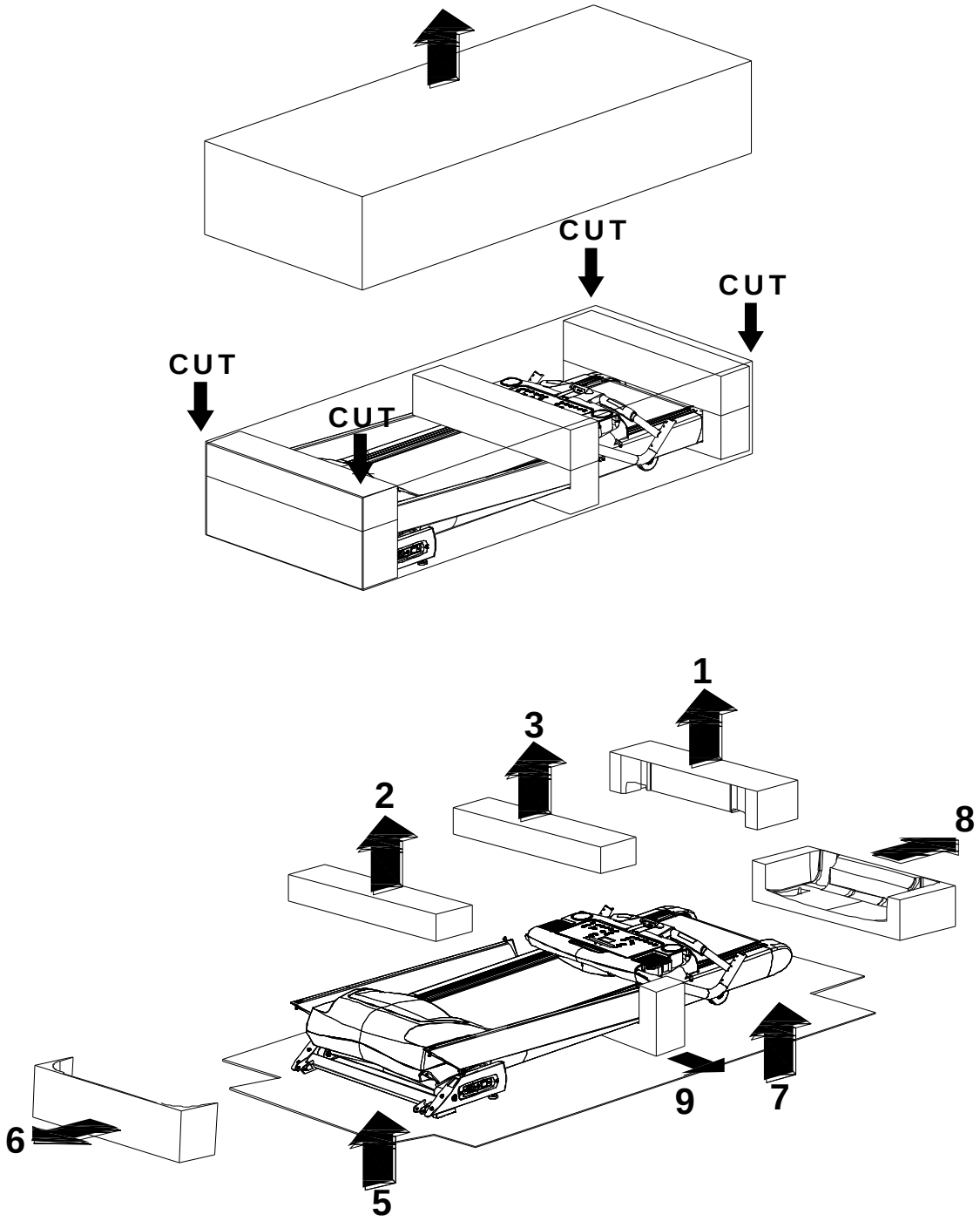
PARTS LIST

Item No.	Description	Qty.	Part No.
422	Safety Key Connection Wire - Red	1	DAYTONA-422
423	Ground Wire	1	DAYTONA-423
424	Hand Pulse Sensor Wire	1	DAYTONA-424
425	1P Ground Wire	1	DAYTONA-425
426	Speaker	2	DAYTONA-426
428	Safety Key Base	1	DAYTONA-428
429	Control Board	1	DAYTONA-429
430	Elevation Board	1	DAYTONA-430
431	Circuit Board Mounting Spacer	6	DAYTONA-431
432	Hand Pulse Upper Cover – Right	1	DAYTONA-432
433	Hand Pulse Bottom Cover – Right	1	DAYTONA-433
434	Computer PC Board	1	DAYTONA-434
436	Receiver	1	DAYTONA-436
437	Receiver Wire	1	DAYTONA-437
439	Button PC Membrane	1	DAYTONA-439
440	Amplifier PC Board	1	DAYTONA-440
441	Amplifier volume control 3pin wire	1	DAYTONA-441
442	iPod dock connection 6pins wire	1	DAYTONA-442
DAYTONA-500			
501	M10X120X47mm Carriage Bolt	1	DAYTONA-501
502	8x16x3mm Washer	2	DAYTONA-502
504	M8x20mm Allen Head Bolt	2	DAYTONA-504
505	M16x19-M16x22mm Bolt	1	DAYTONA-505
506	M16X24X10 Nut	1	DAYTONA-506
507	17.5x35x5mm Plastic Washer	1	DAYTONA-507
508	16x40x4.5mm Washer	1	DAYTONA-508
509	M5x12mm Screw	1	DAYTONA-509
510	M5X8mm Screw	2	DAYTONA-510
511	M10x35mm Allen Head Bolt	11	DAYTONA-511
513	M8x30mm Allen Head Bolt	2	DAYTONA-513
514	M10x40mm Allen Head Bolt	2	DAYTONA-514
516	M8x25mm Screw	4	DAYTONA-516
517	M6x15mm Screw	6	DAYTONA-517
518	M8x15mm Allen Head CAP Bolt	4	DAYTONA-518
519	M8x70mm Allen Head CAP Bolt	3	DAYTONA-519
520	M10x42mm Bolt	2	DAYTONA-520
521	M10x61mm Bolt	1	DAYTONA-521
522	M10x135mm Bolt	1	DAYTONA-522
523	M14x80mm Bolt	2	DAYTONA-523
524	3x12mm Screw	4	DAYTONA-524
525	4x15mm Screw	11	DAYTONA-525
526	4x19mm Screw	2	DAYTONA-526
527	4x8mm Screw	15	DAYTONA-527
529	4x12mm Screw	21	DAYTONA-529
530	4x19mm Screw	15	DAYTONA-530
531	4x12mm Screw	2	DAYTONA-531
532	M8 Nut	8	DAYTONA-532

PARTS LIST

Item No.	Description	Qty.	Part No.
533	M10 Nylon Nut	9	DAYTONA-533
534	M8 Nylon Nut	5	DAYTONA-534
535	10x22x2mm Washer	11	DAYTONA-535
536	6x13x1mm Washer	6	DAYTONA-536
537	8x16x1mm Washer	7	DAYTONA-537
538	10x16x2mm Washer	10	DAYTONA-538
539	6x10x1mm Spring Washer	6	DAYTONA-539
540	10x30x2mm Washer	2	DAYTONA-540
541	6mm Fixing Insert	2	DAYTONA-541
542	18x40x2mm Washer	1	DAYTONA-542
543	4x12mm Self Tapping Screw	4	DAYTONA-543
544	4x15mm Screw	25	DAYTONA-544
545	8x14x2mm Spring Washer	10	DAYTONA-545
547	6x20mm Bolt	1	DAYTONA-547
548	4x12x1mm Washer	23	DAYTONA-548
549	M5 Nut	7	DAYTONA-549
552	M5x10mm Screw	6	DAYTONA-552
553	3x12mm Screw	2	DAYTONA-553
554	6x14.5–M5x6.5mm Bolt	2	DAYTONA-554
555	6x8x8mm Plastic Washer	2	DAYTONA-555
556	4x12mm Screw	2	DAYTONA-556
557	17.2X22X1mm Washer	3	DAYTONA-557
DAYTONA-600			
601	M8x25mm Allen Head CAP Bolt	2	DAYTONA-601
602	M8x50mm Allen Head Bolt	4	DAYTONA-602
604	4x15mm Screw	14	DAYTONA-604
605	M10x45mm Bolt	2	DAYTONA-605
606	10X16X2mm Spring Washer	2	DAYTONA-606
608	M6x45mm Bolt	2	DAYTONA-608
DAYTONA-700			
701	Upright Cover – LL	1	DAYTONA-701
702	Upright Cover – LR	1	DAYTONA-702
703	Upright Cover – RR	1	DAYTONA-703
704	Upright Cover – RL	1	DAYTONA-704
705	Upright Side Cover – Left	1	DAYTONA-705
706	Upright Side Cover – Right	1	DAYTONA-706
707	Wheel 65x25mm Set	2	DAYTONA-707
708	Left Handlebar	1	DAYTONA-708
709	Right Handlebar	1	DAYTONA-709
710	Upright Lower Cap	2	DAYTONA-710
DAYTONA-800			
801	IWM Scale	1	DAYTONA-801

OPEN BOX INSTRUCTION



(A) Remove your treadmill from the carton and place it on the floor in an open area.

(B) Remove the treadmill and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6.

(D) After verifying inventory if there is any missing parts please contact **Yowza fitness at 877-969-9240.**

.

STEP1 ASSEMBLY

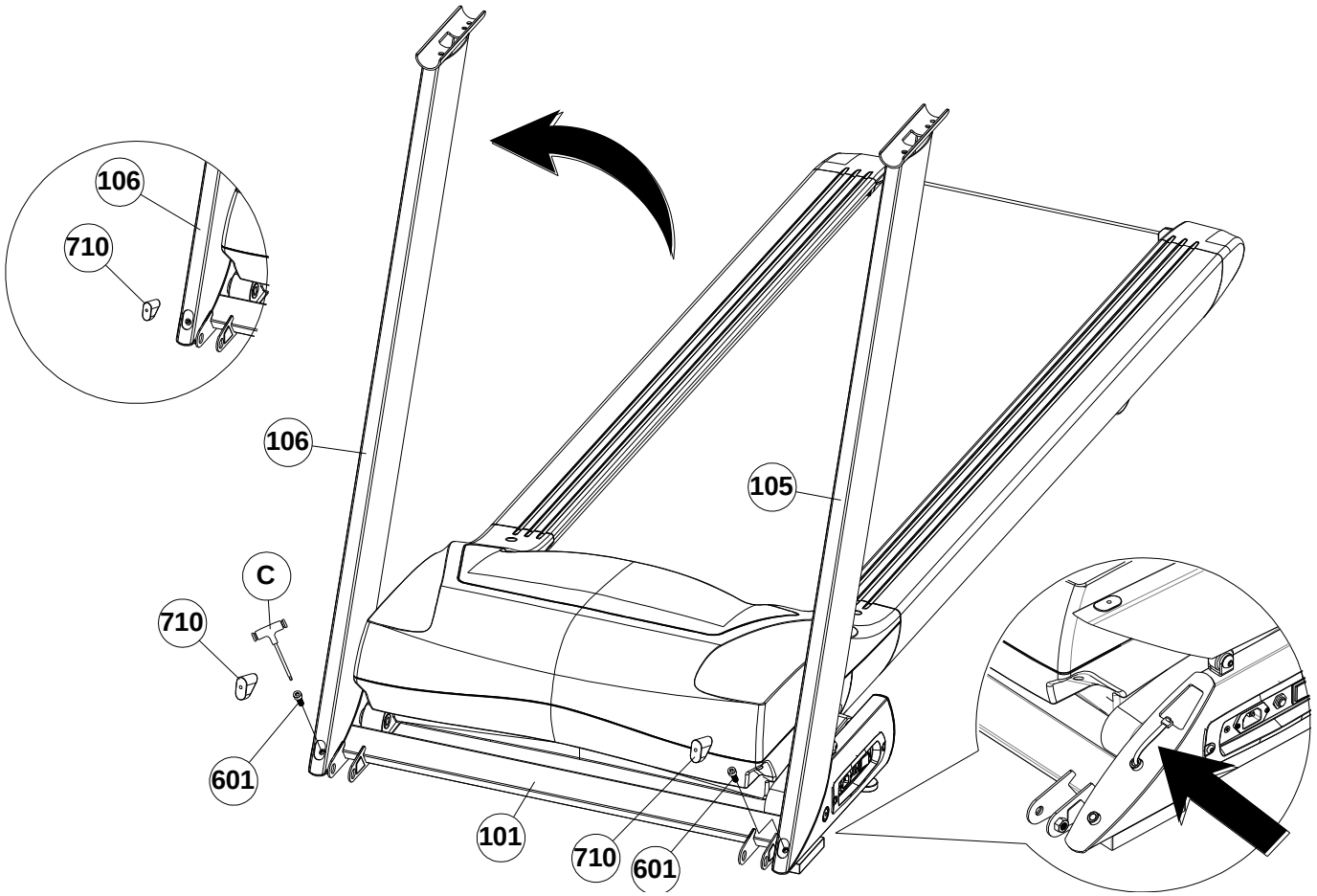
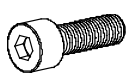


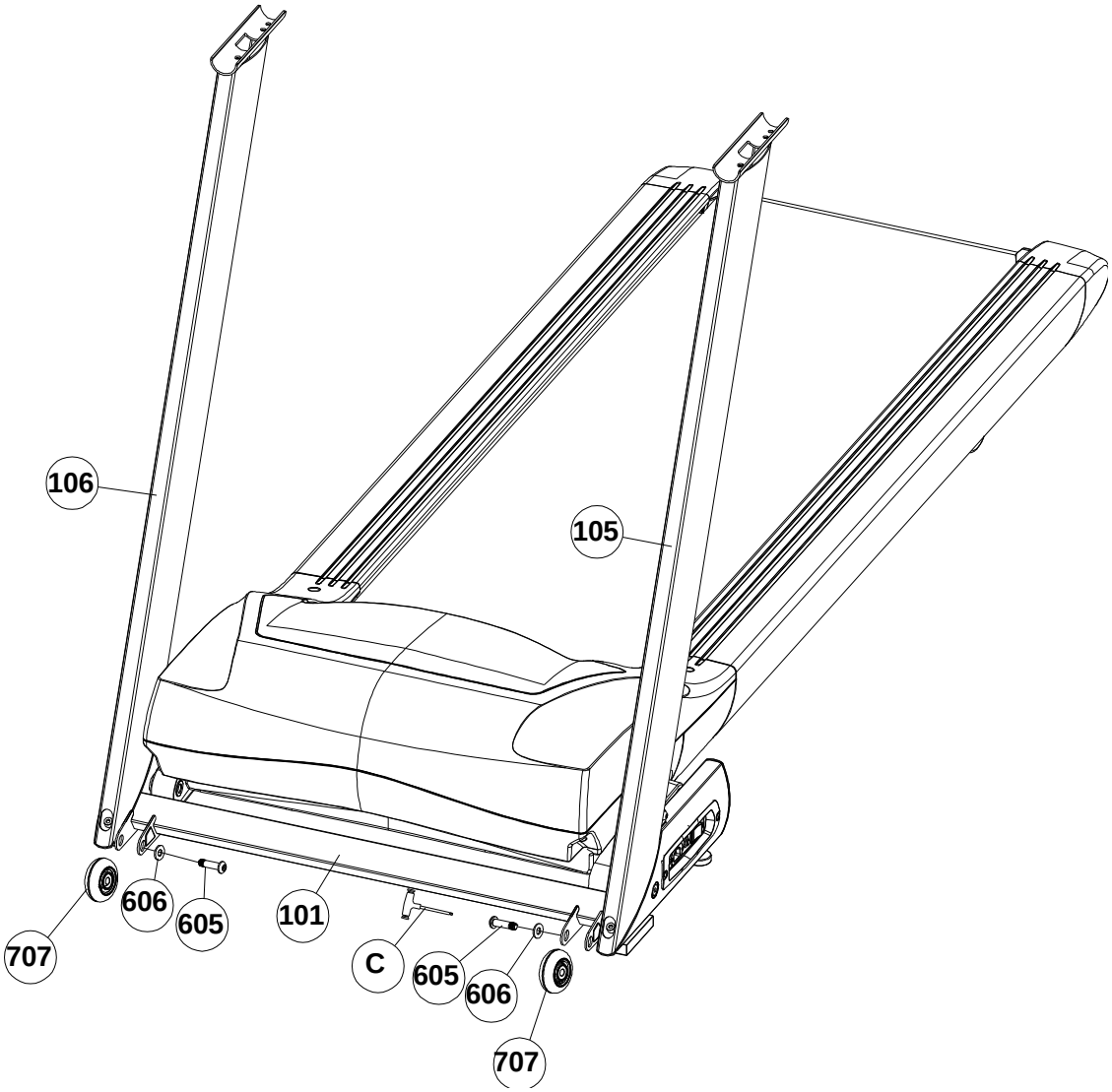
FIG-1

STEP1). Rotate the Uprights (105, 106) up, and secure using the M8x25mm Allen Head CAP Bolt (601) to firm the upright, and then attach the Upright Lower Cap (710)

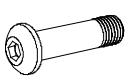
PLEASE CUT THE CABLE TIE AS SHOWN IN FIG-1 BEFORE YOU ASSEMBLE THE UPRIGHT.

601	**X2**	

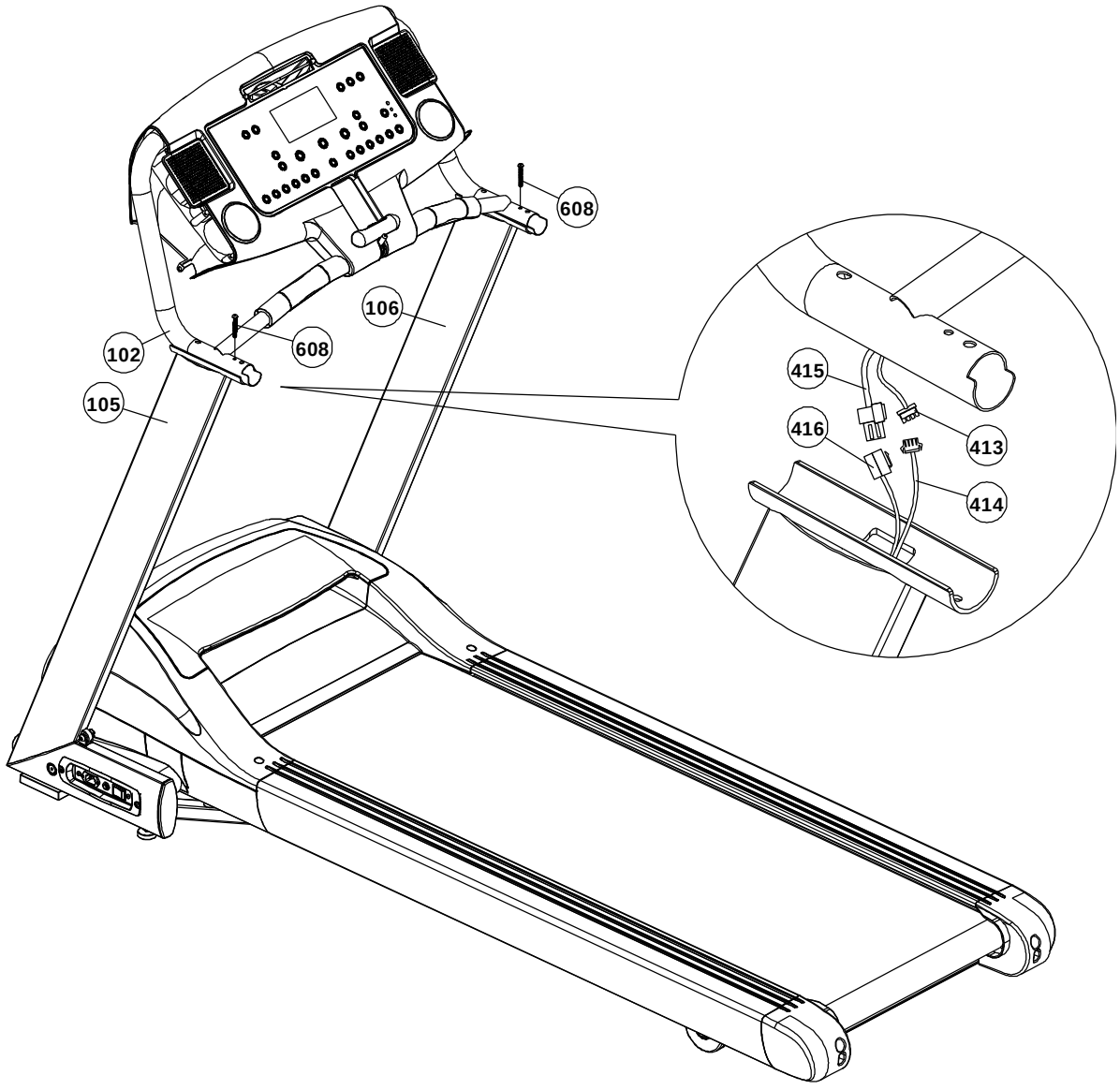
STEP2 ASSEMBLY



STEP2). Attach the wheel to the base frame and secure using M10x45mm Allen Head Bolt (605) with10x22x2 Spring Washer (606).

605	X2	
606	X2	

STEP3 ASSEMBLY

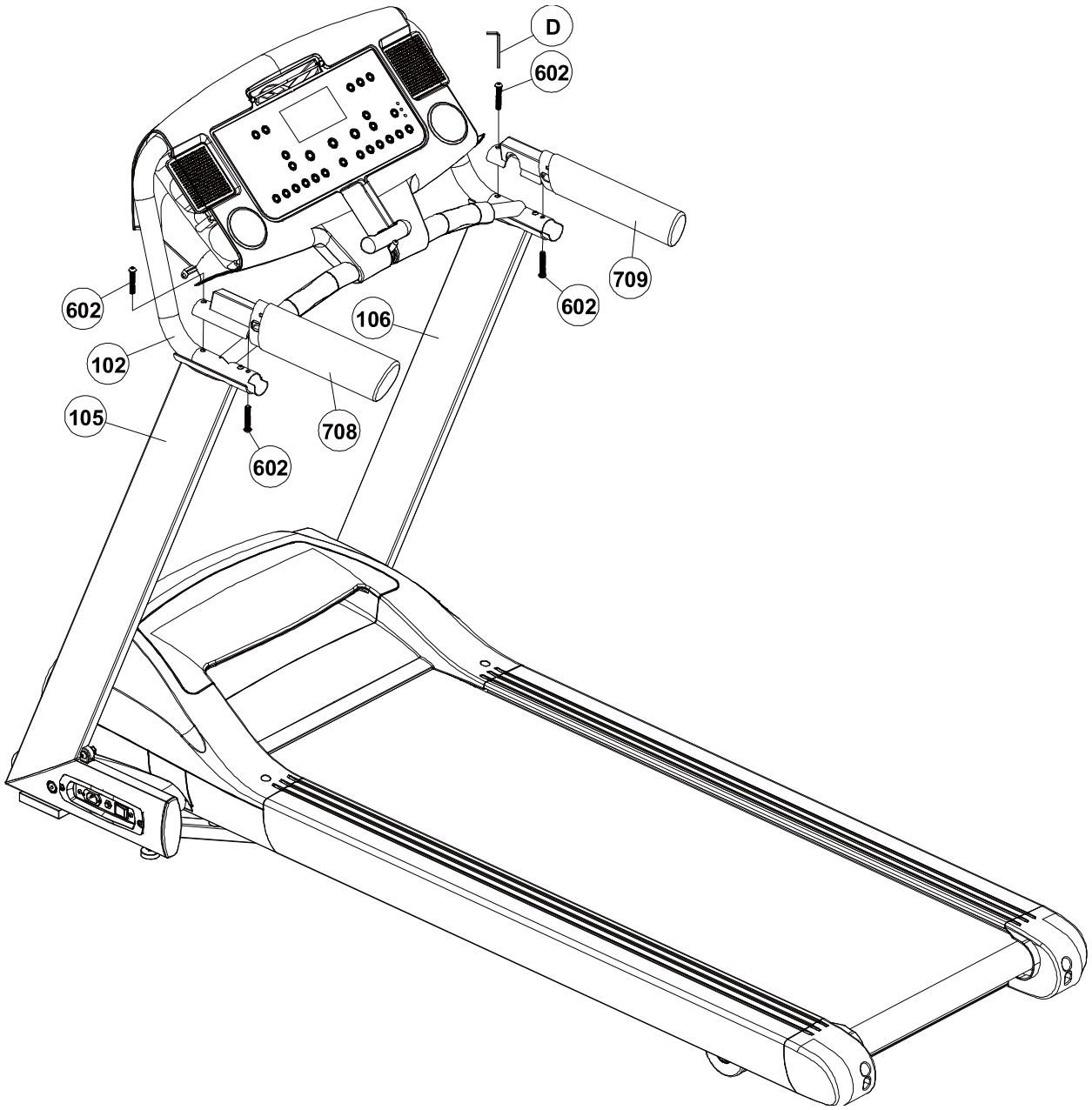


STEP3-A). Connect the 8pin Computer Wire - Upper (413) to 8pin Computer Wire – Lower (414) and Safety Key Wire – Upper (415) to Safety Key Wire – Lower (416).

STEP3-B) Attach the Console Support Tube to the uprights and secure using M6x45mm Bolt (608)

608	**X2**	

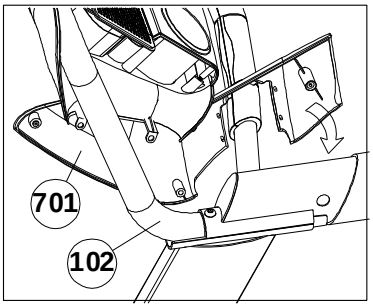
STEP4 ASSEMBLY

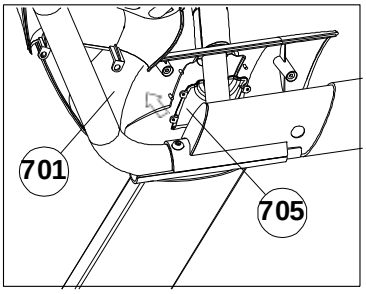


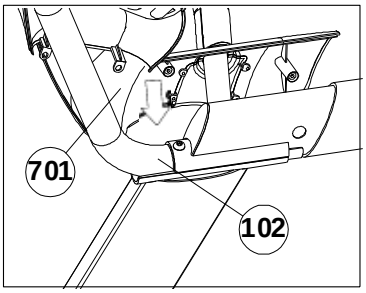
STEP4). Attach the Left and Right Handlebar and secure using the M8x50mm Allen Head Bolt (602)

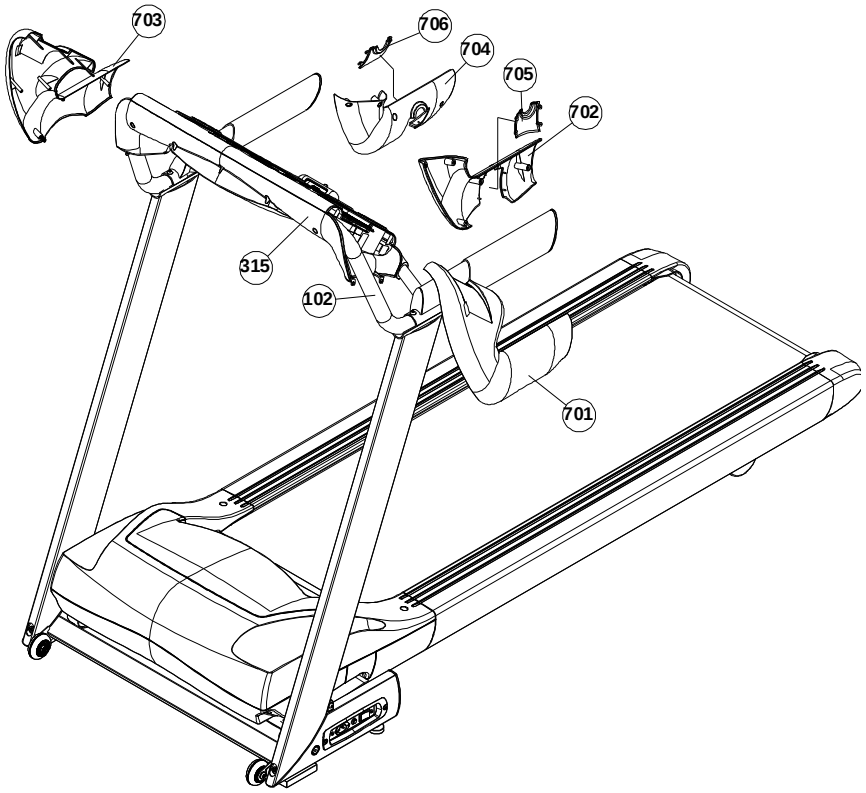
602	X4	

STEP5 ASSEMBLY



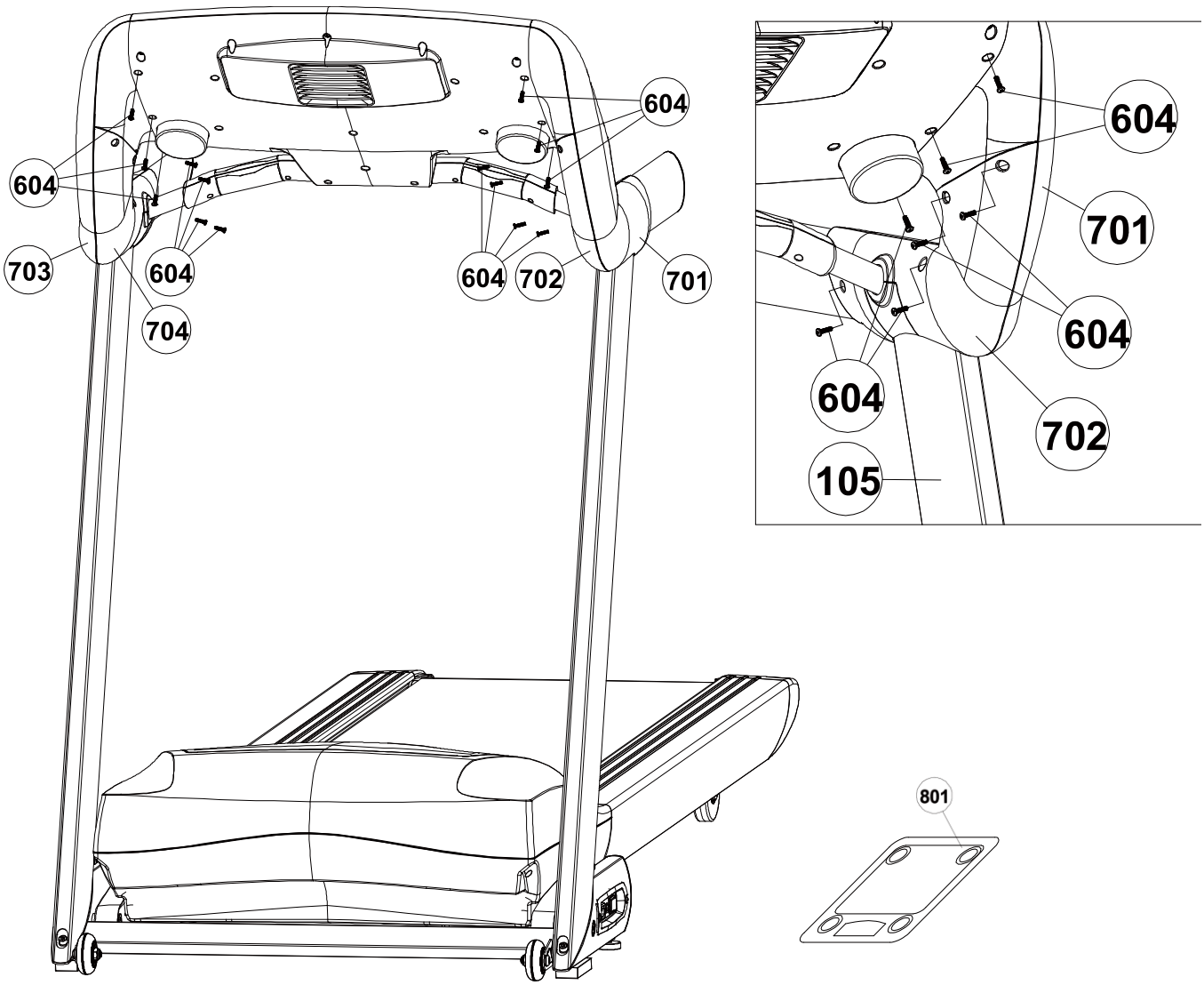






STEP5). Attach the Upright Cover (701, 702,705) to the left upright. Repeat the above procedure to assemble the right side.

STEP6 ASSEMBLY



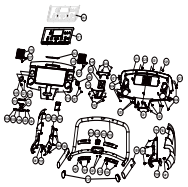
STEP6). Secure use the 4x15mm Screw (604) to firm the upright cover.

Place on your IWM scale in range of 3 meter and start to enjoy the exercise.

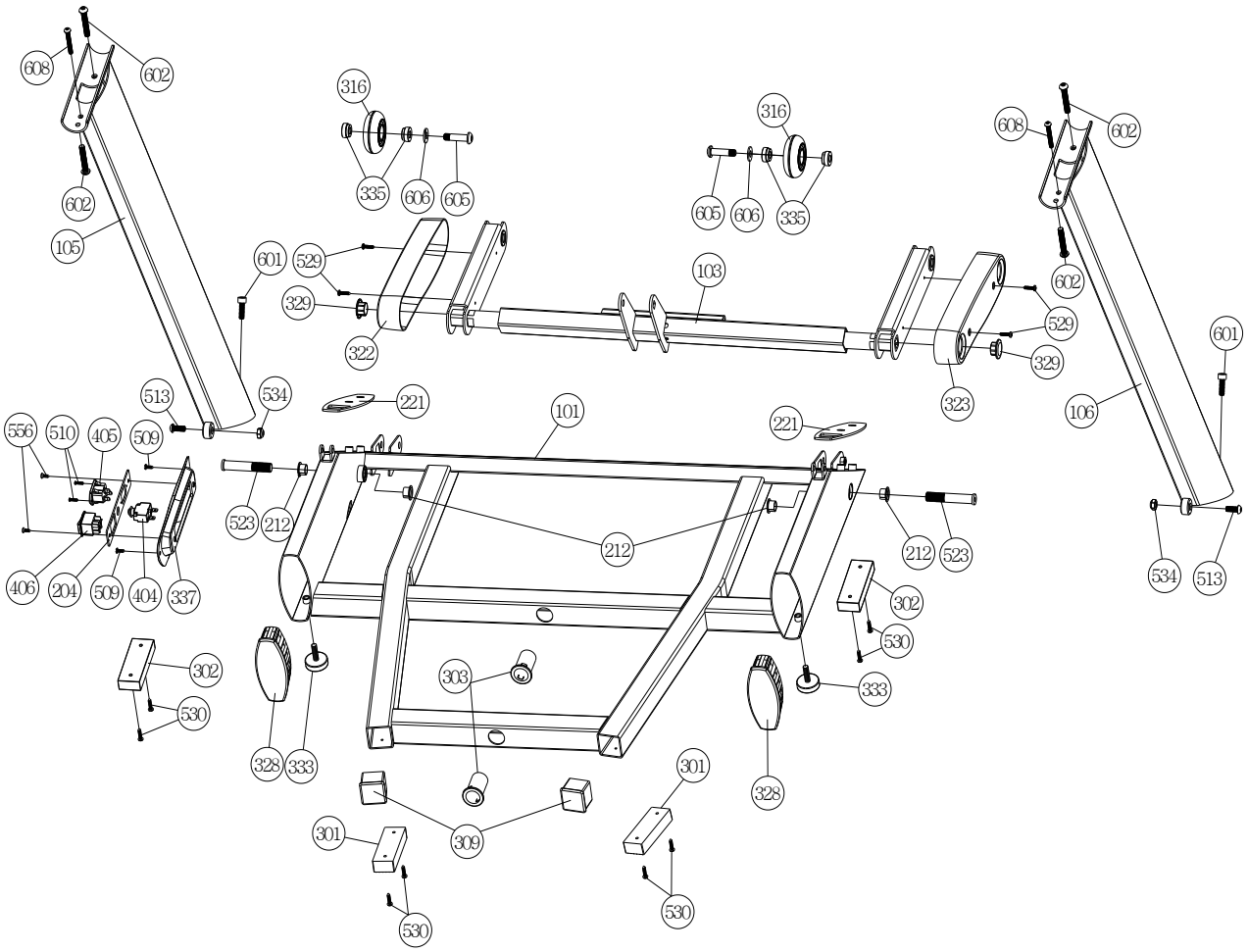
Your treadmill is now fully assembled.

604	X14	

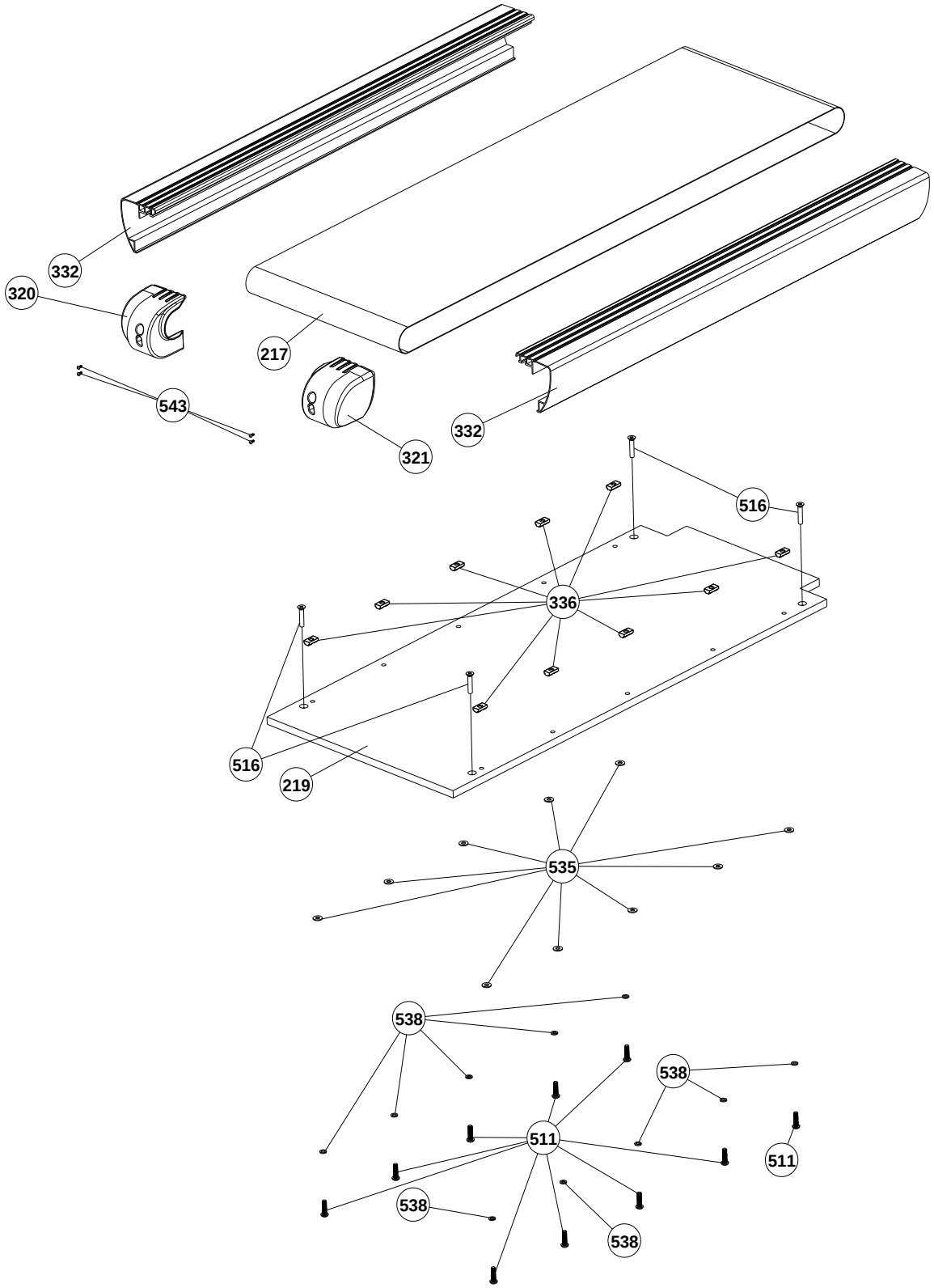
EXPLODED DIAGRAM - 01



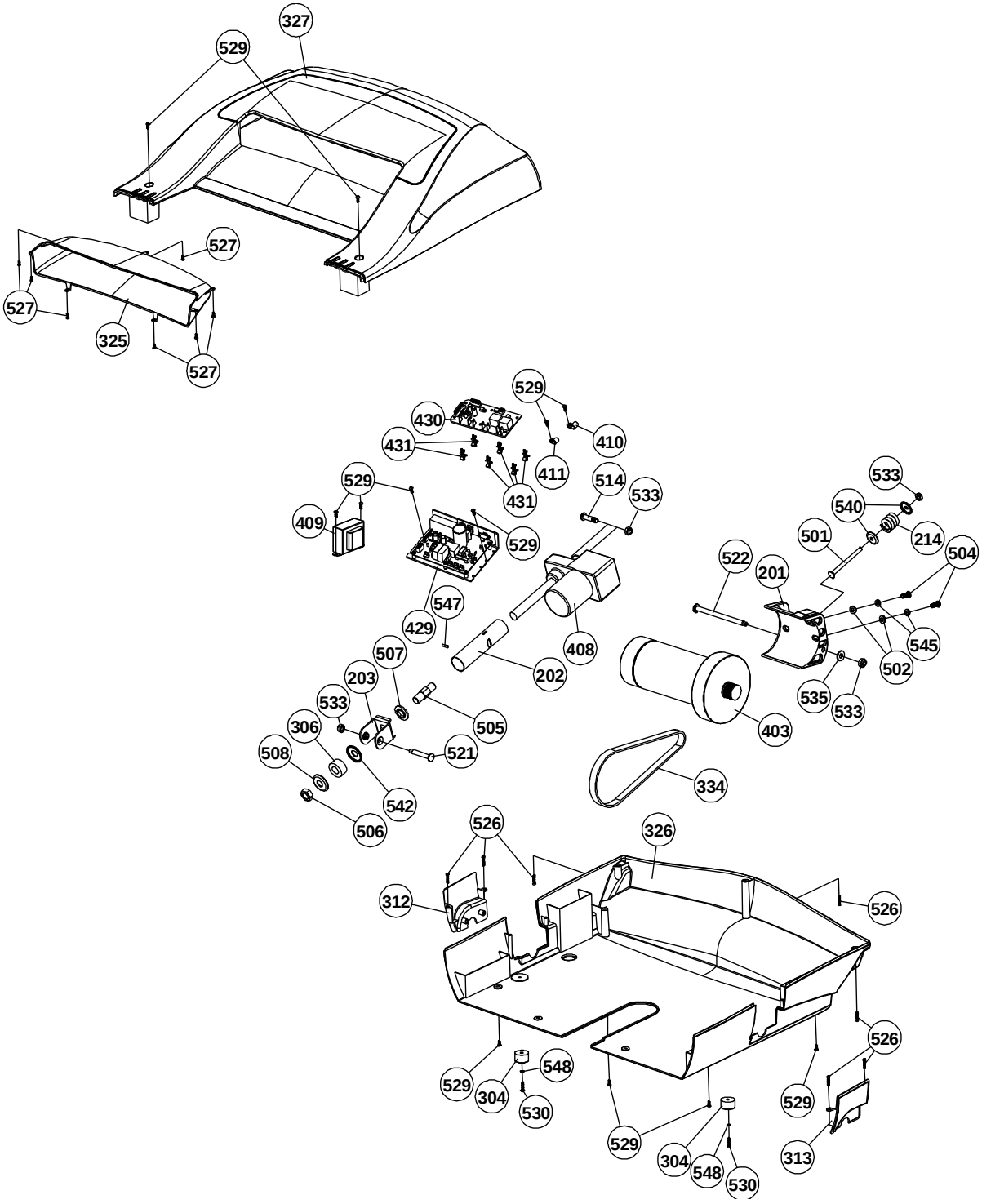
EXPLODED DIAGRAM - 02



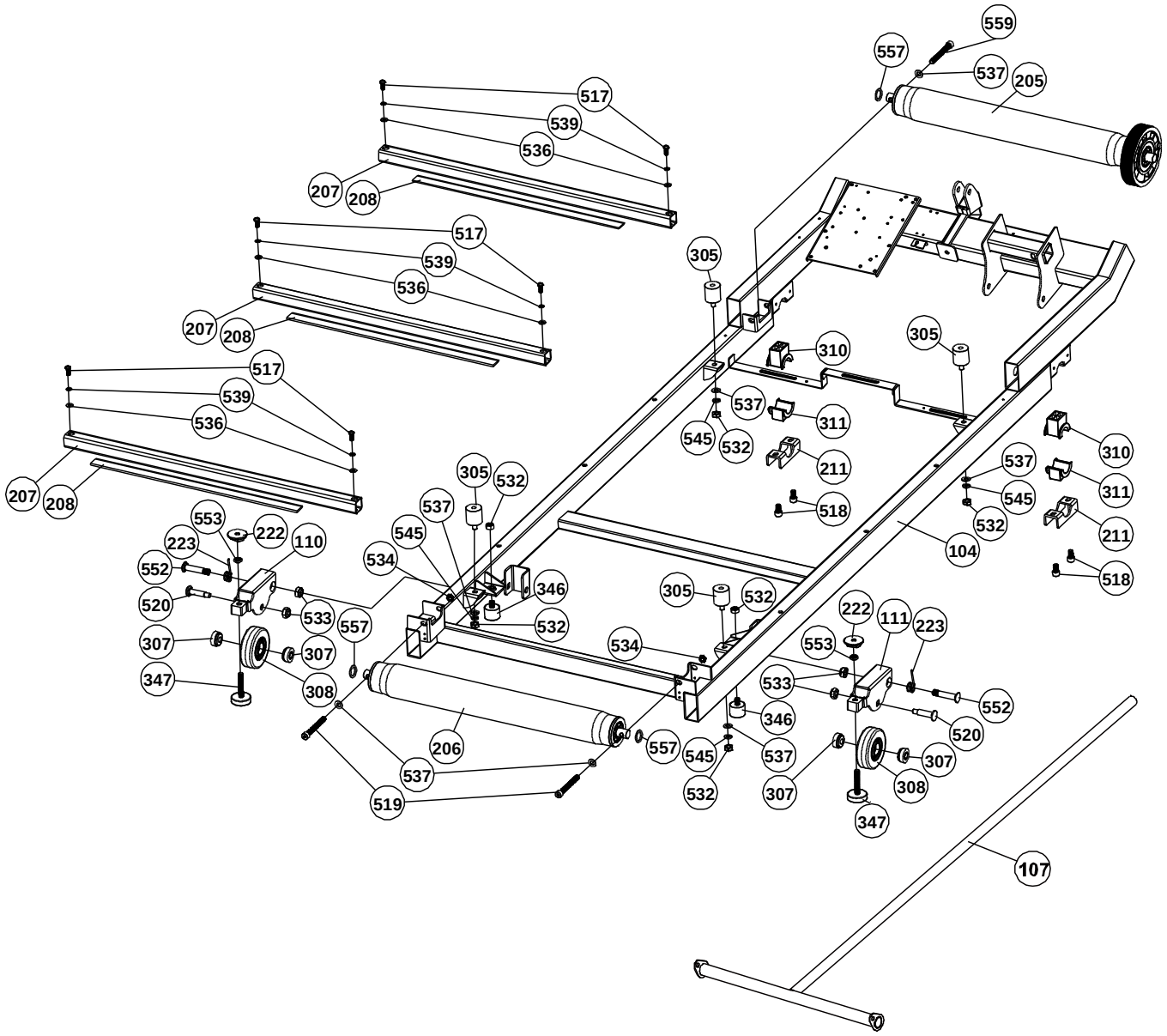
EXPLODED DIAGRAM - 03



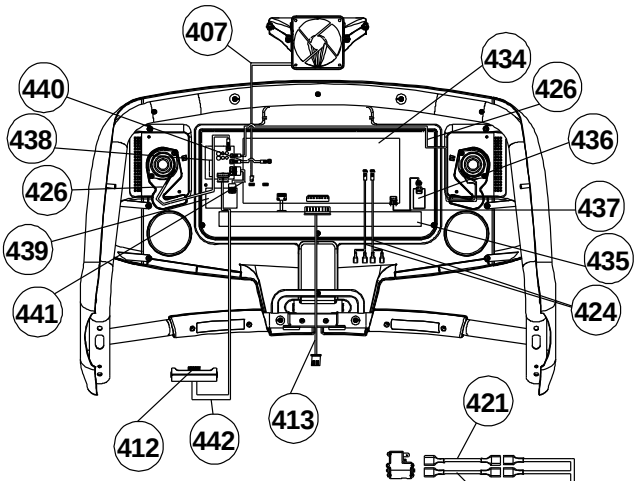
EXPLODED DIAGRAM - 04

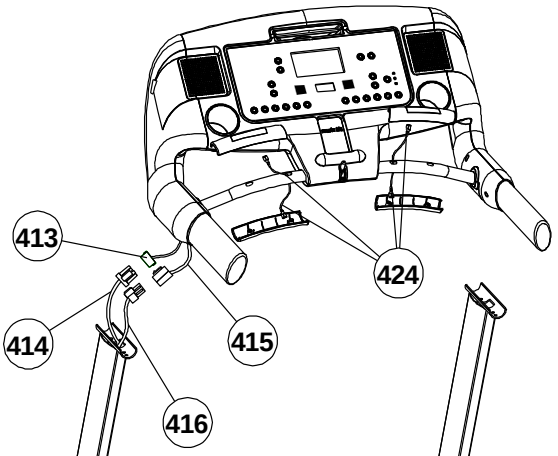


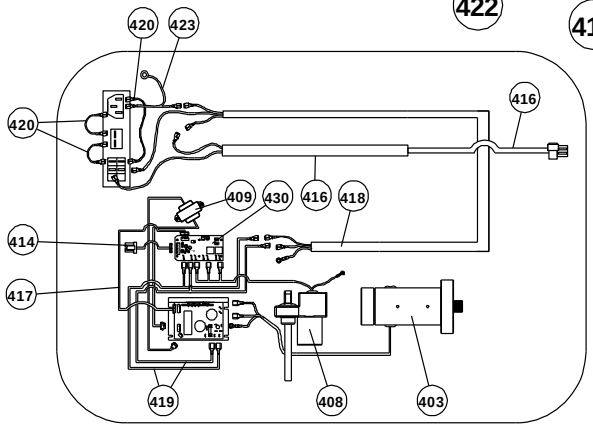
EXPLODED DIAGRAM - 05

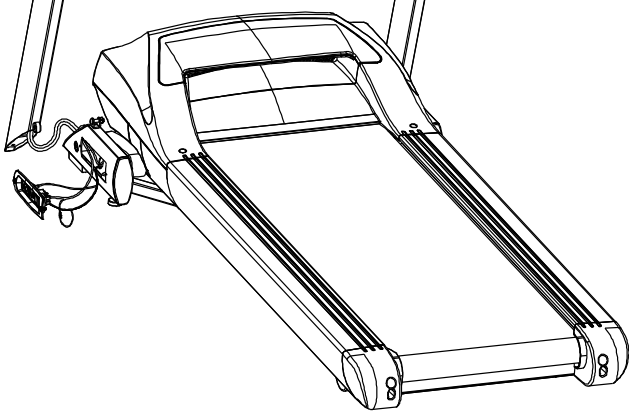


WIRE DIAGRAM

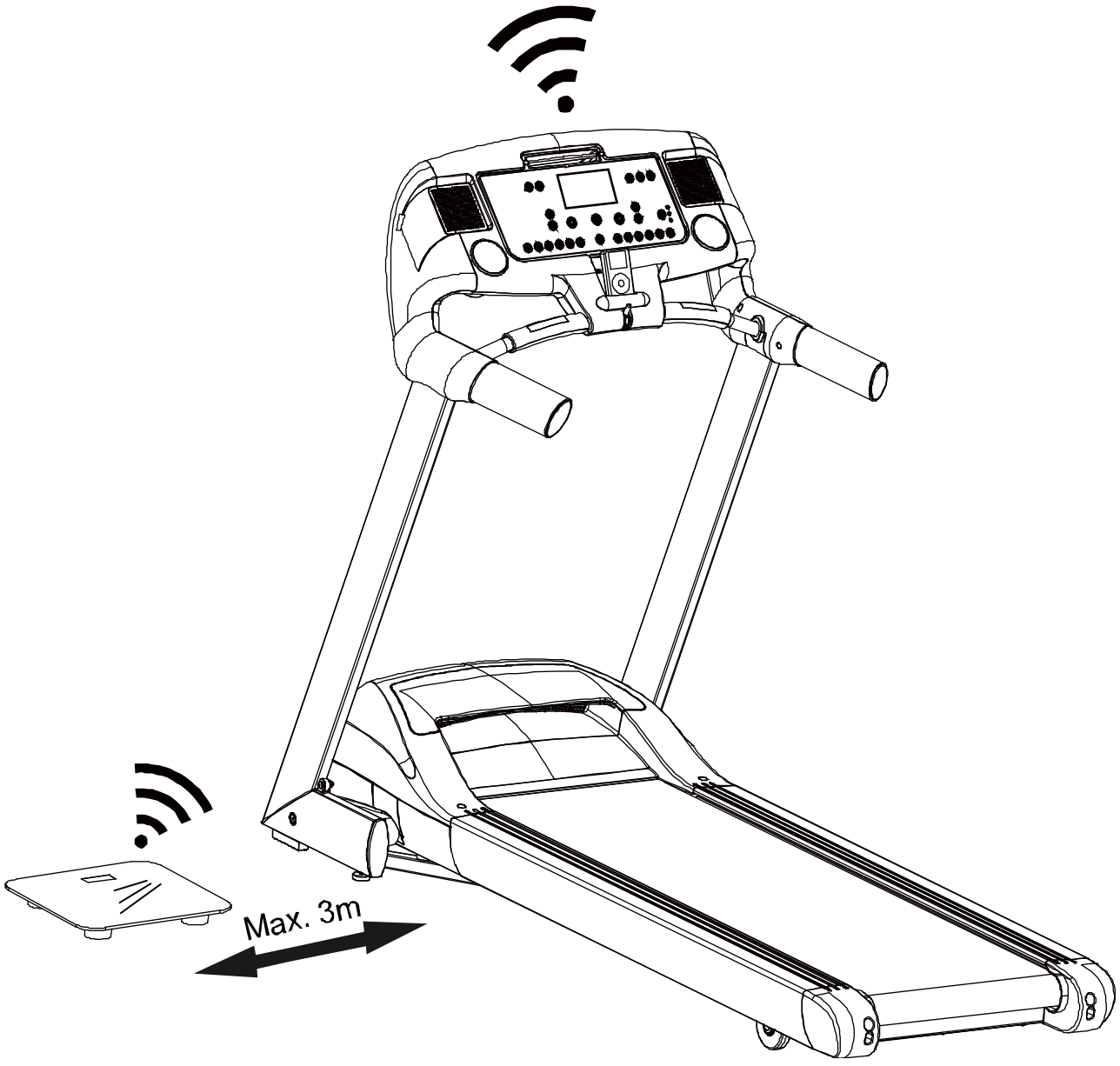








IWM SCALE SET UP

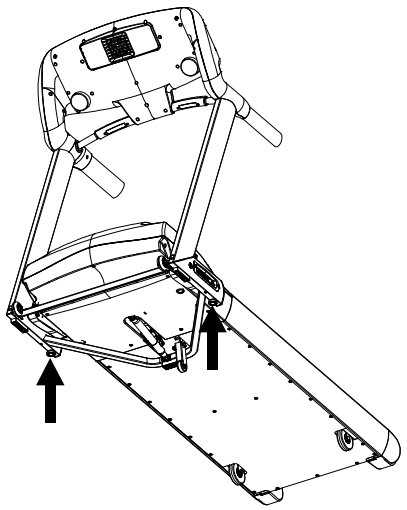


STABILIZER ADJUSTMENT

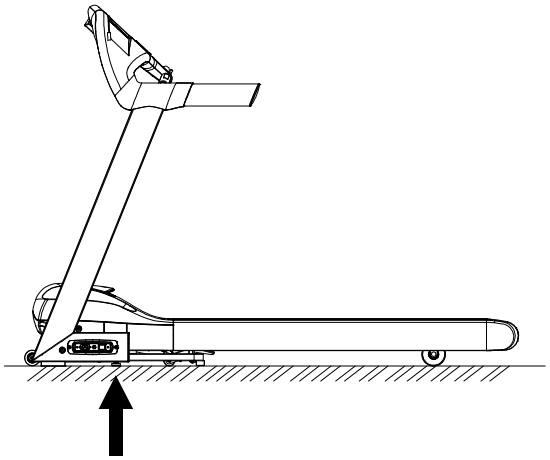
FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.



Locate the two adjustable stabilizers under the base frame.



Treadmill should sit firmly on both stabilizers and all cushions.

MAINTENANCE

HOW TO MAINTAIN THE DAYTONA TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

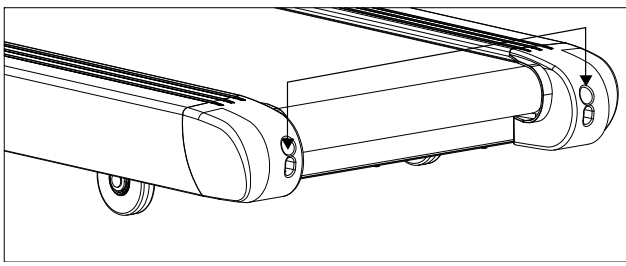
- **Important**: **DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER.
Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left**: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping**: First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts, 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Yowza Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left tension bolts are located at the rear of the treadmill.

MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important**: **DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout**: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly**: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

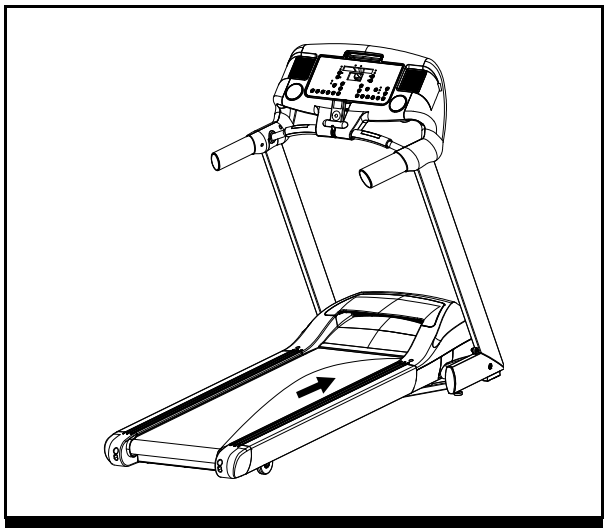
The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

To apply lubricant under the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.



Spray lubricant from to back.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

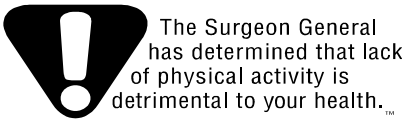
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

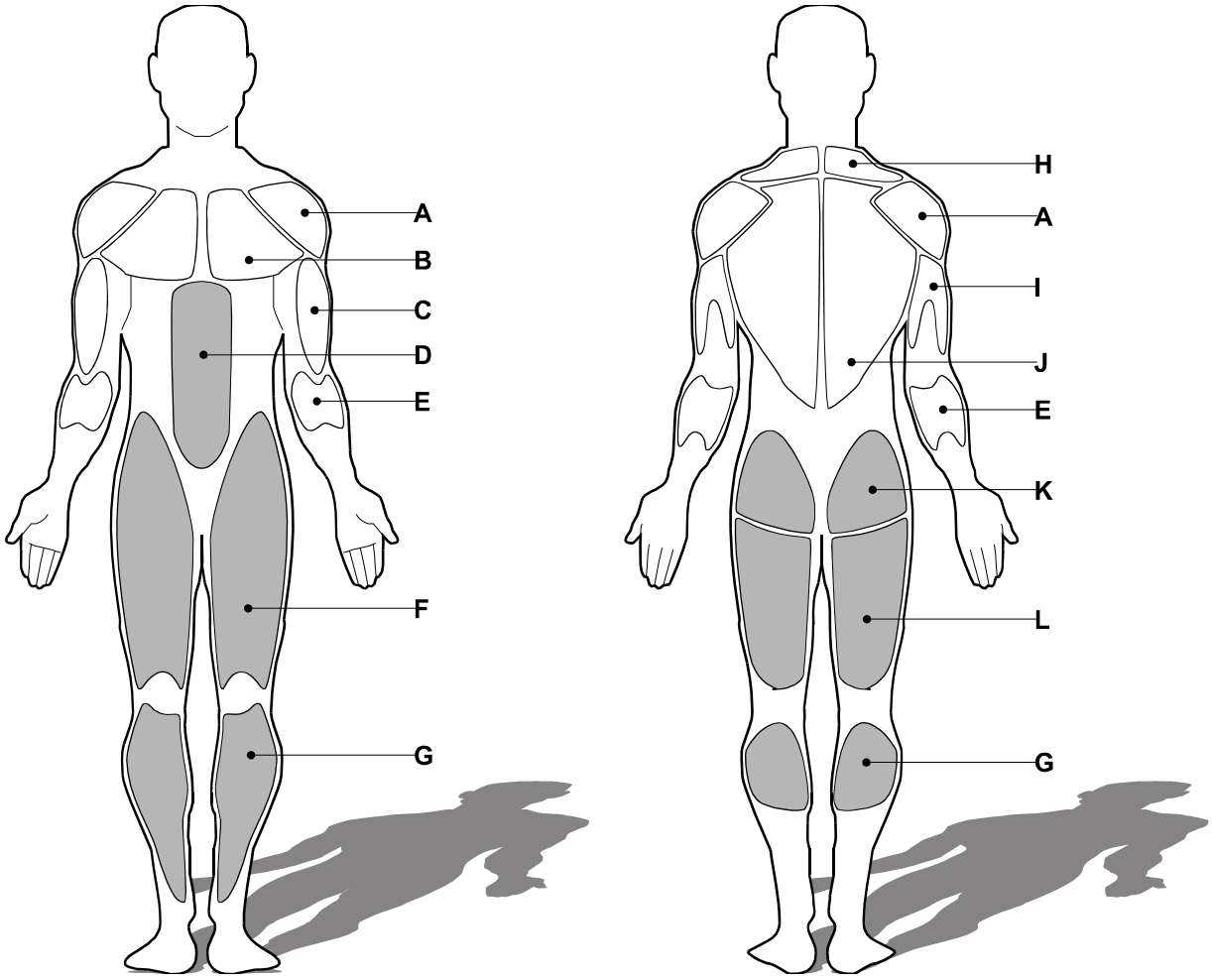
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



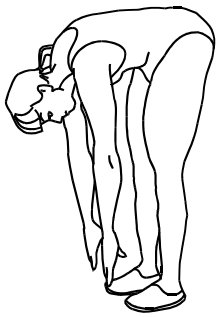
MUSCLE GROUPS			
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Triceps muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadriceps muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

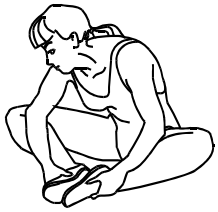


Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

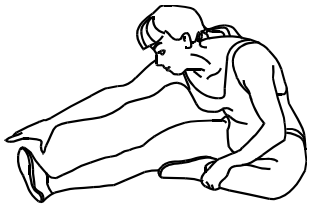
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

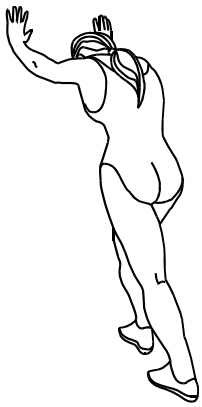


Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

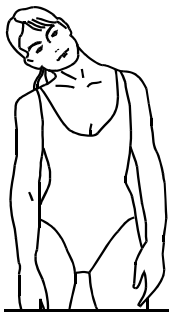
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.
Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: ▪ Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual). ▪ Equipment circuit breaker is in the reset position ▪ Equipment power switch is in the on position ▪ Safety key is properly inserted into the computer console ▪ Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual) ▪ House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	▪ Safety key is properly inserted into the computer console ▪ Equipment circuit breaker is in the reset position ▪ House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) ▪ Program time has expired
Treadmill will not incline(Power fold models only)	▪ Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only ▪ Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only ▪ Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	▪ Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	▪ Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	▪ Treadmill is properly leveled(See procedure in owners manual) ▪ Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	▪ Tension running belt (See process in owners manual)

WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "DAYTONA" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. In some instances, consumers may be asked to find a local service provider, especially if they reside in a remote area of the US. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms " you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "DAYTONA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear. Yowza reserves the right to use new, used or reconditioned parts for all repairs and will make this determination based on the impact to the performance and appearance of the machine being repaired.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "DAYTONA" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and motor, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COMES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WARRANTY

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

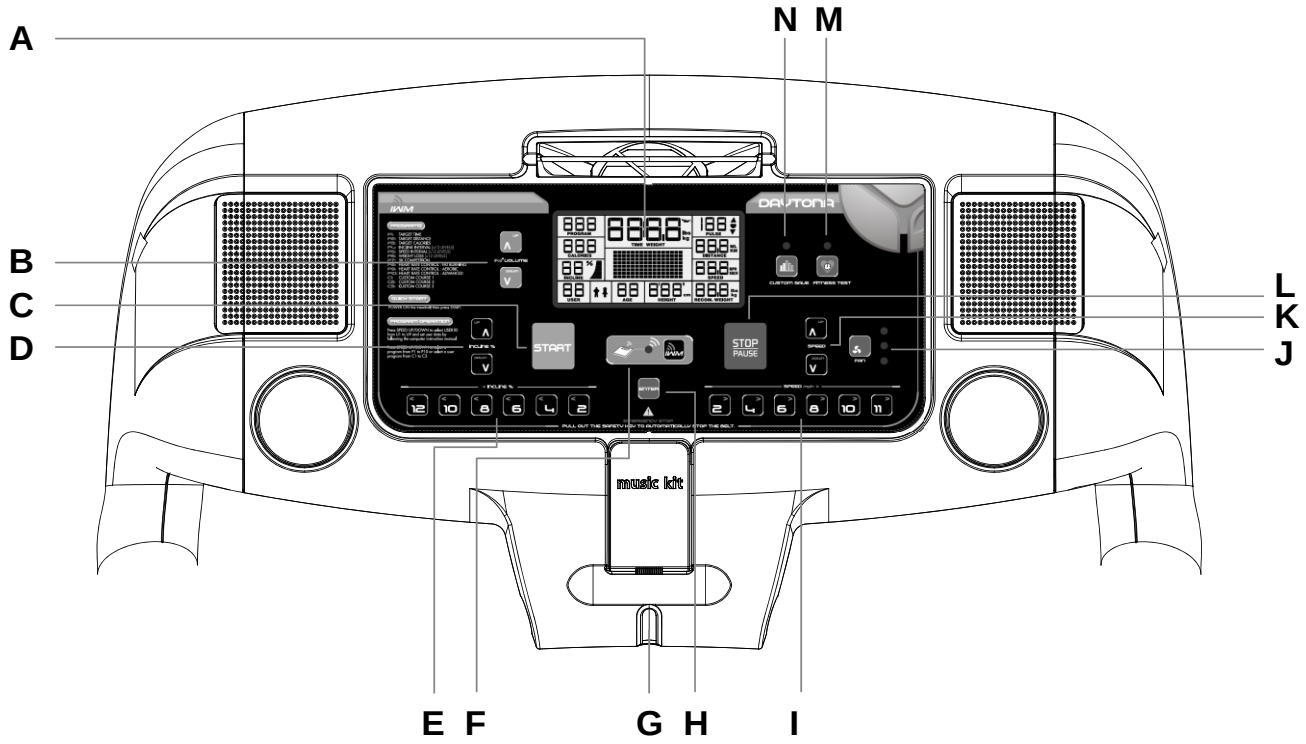
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSULTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION

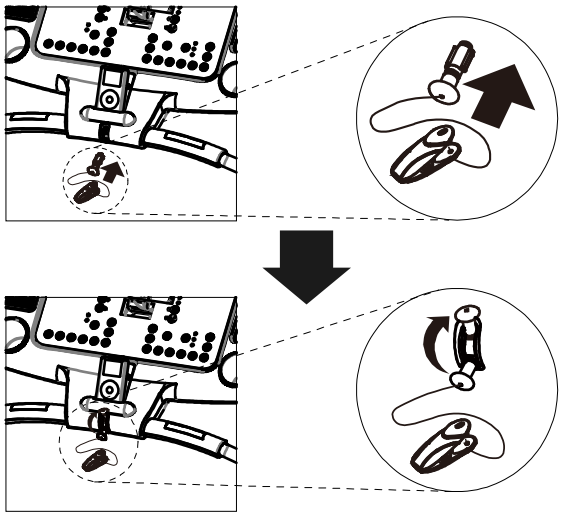


DISPLAY	A	B	I Pod VOLUME UP/DOWN
START	C	D	INCLINE% UP/DOWN
EXPRESS INCLINE BUTTONS	E	F	IWM SYSTEM
SAFETY KEY INSERT LOCATION	G	H	ENTER
EXPRESS SPEED BUTTONS	I	J	FAN
SPEED UP/DOWN	K	L	STOP/PAUSE
FITNESS TEST	M	N	CUSTOM SAVE

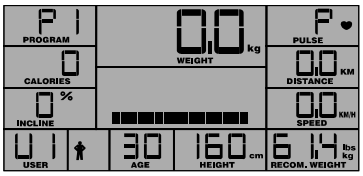
COMPUTER OPERATION

SAFETY KEY
The safety key must be inserted into the slot and press to turn up in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull the cord to disengage the safety key from the console. To continue operation turn the power switch to off, turn the safety key to "on" position then turn the switch on again.

**Please do not operate the safety key as power switch of treadmill. Please must power off the treadmill by turning power switch off after you finish workout. Please always set the safety key in "on" position then switch on the treadmill by power switch.



POWER ON
When the unit is switched on, "PRESS START TO QUICK START OR ENTER TO SELECT PROGRAM" will display on the LCD. Press START to begin training in QUICK START MODE or ENTER to go into PROGRAM MODE.



START
Quick start. Press to start exercise at an initial speed of 0.5 mph / 0.8 km/h.

STOP
Press to stop exercise during any workout.

ENTER
a. Press to confirm program and preset function values during setting mode.
b. Press to run setting procedure before pressing the START button.

CUSTOM SAVE
When selecting the custom program from C1 to C3, follow the instructions to press this button and save the program as your own custom workout program. Follow the C1-C3 CUSTOM PROGRAM operating instructions for details.

FITNESS TEST
Press the FIT TEST button to start the Fitness-Test function to test your physical condition during a workout. Follow the Fitness-Test operating instructions for details.

SPEED UP / DOWN
a. Press to increase/decrease exercise speed by 0.1mph or km/h.
b. Hold the button to continuously increase/decrease speed by 0.5mph or km/h per second. Release the button to stop the function.
c. Press to select programs and preset related function value.

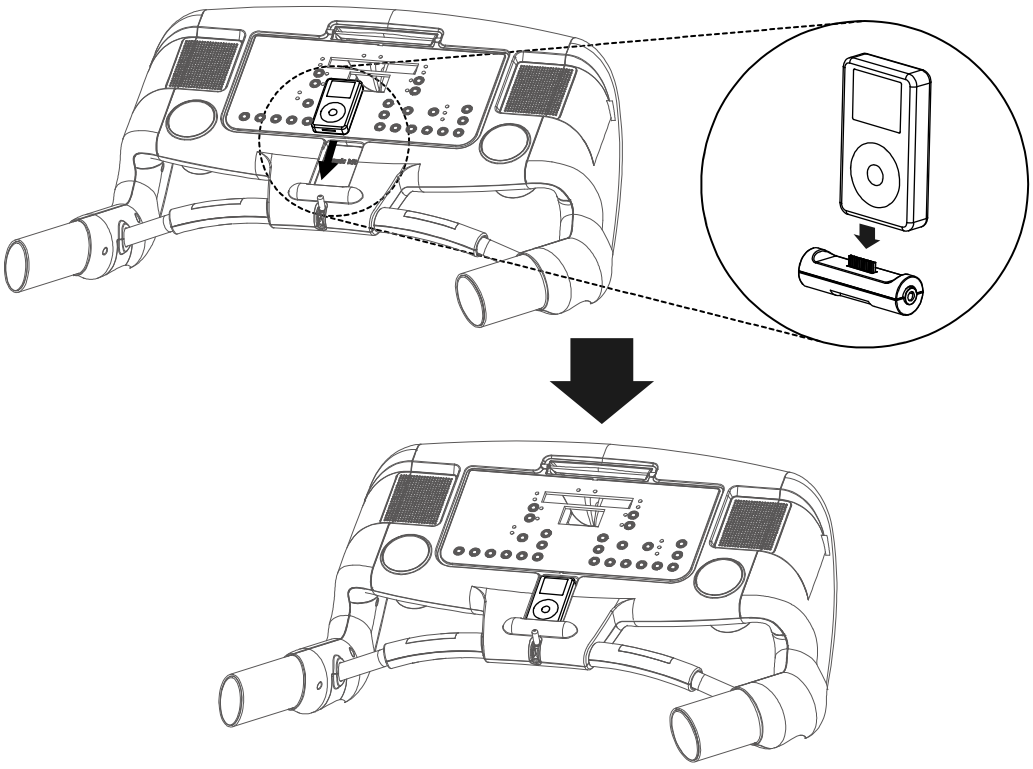
COMPUTER OPERATION

INCLINE UP / DOWN
Press up or down to change incline level.

FAN CONTROL:
Press the FAN button to choose a suitable level at three channels.

EXPRESS SPEED AND INCLINE BUTTONS
Press the Express Speed or Express Incline buttons to adjust the speed or incline to your demand directly.

iPod Dock:
Insert your iPod to the dock, and please check below location.

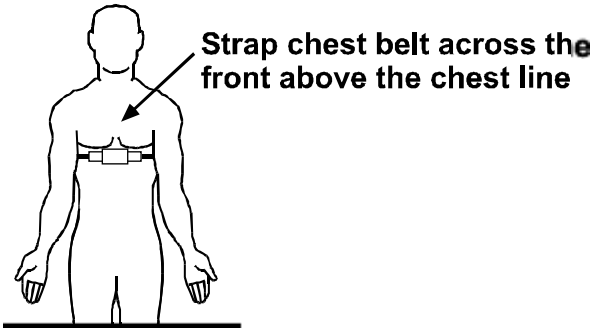


IPod VOLUME:
After install your iPod, and then you can start to press the iPod Volume up or down to adjust properly on your own.

COMPUTER OPERATION

HOW TO USE THE CHEST BELT PROPERLY

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



ENGLISH/METRIC CONVERSION – (KM / ML.)

Power on the treadmill, press and hold the START button then turn up the safety key to power on the computer. The console will enter into the UNIT CONVERSION MODE. The console will sound a BEEP and show the current default setting KM (kilometers) or ML (miles). Use START to switch between KM and ML. Press STOP to confirm the selection and return to POWER ON MODE. The console will sound an extended BEEP as it saves the new setting.

SLEEP MODE

When the power is on the computer will automatically enter SLEEP MODE if there is no movement for 3 minutes without receiving any input. Press any button to return to POWER ON MODE when the computer is in the SLEEP MODE.

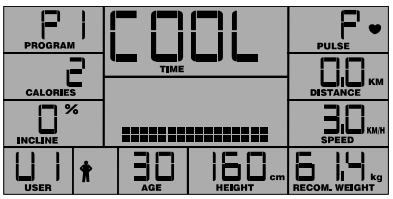
QUICK START MODE

Press the START after power on the treadmill to enter Quick Start workout mode, when in QUICK START MODE, the treadmill will countdown from 3 to zero and then the belt start at 0.8km/h or 0.5 mph speed. The workout Time, Distance and approximate Calories figure will count up from 0. The running speed will also display on screen. The user can press SPEED-UP and SPEED-DOWN button to adjust running speed, and press INCLINE-UP and INCLINE-DOWN buttons to adjust the INCLINE level.

Press the STOP button to pause the program, and START to restart, or press STOP again to return to POWER ON MODE.

COOL DOWN

After completion of each program the TIME LCD window will show “COOL” and blink then start a 50 seconds cool down procedure. Time counts down from 01:00 to 00:00 and speed stays at 2 mph / 3.2 km/h and the incline level stays at level 0. Press the STOP button to return to POWER ON status. To escape the cool down procedure press the STOP button once anytime during the process to enter the PAUSE status and press the STOP button again to enter the POWER ON status.



COMPUTER OPERATION

FITNESS-TEST

The Fitness-Test function is the feature to let the user test their physical condition during a workout. The fitness rating is determined by measuring how quickly the user's pulse slows down and with that measuring the user physical condition. The faster the pulse slows down, the better the user's physical condition. Users can record their fitness rating to use for reference. To start the Fitness-Test, press the "Fitness-Test " button toward the end of a workout (while your pulse is still under trainings load). The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function. TIME counts down from 01:00 to 00:00. After the count-down the SPEED LCD window will show the Fitness rating (1-6). The lower the number the better your fitness. Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

During the Fitness-Test, if you want to stop the function and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

The Fitness-Test cannot be activated while in the COOL DOWN.

INTELLIGENT WEIGHT MANAGEMENT PROGRAM OPERATION PROCEDURES:

Keep the safety key on "ON" position then turn on the power of treadmill. Press the button of "IWM" on console, the light would start blinking. The blinking light on IWM button means that console is waiting for a signal of user's weight measurement from weighing scale. Stand on scales steady until the body weight

1. Figure displays on scale and blinks 3 times. The body weight figure will be transmitted to console display automatically. The IWM light will stop blinking and have one "beep" after the user's weight data is received. You will see the user's weight figure that records on the console screen.
2. Press Incline UP/DOWN or Speed UP/DOWN buttons to select user ID (between U1 to U7) then press ENTER to confirm.
3. You now need to set sex of the user. Press the Incline UP/DOWN or Speed UP/DOWN buttons to change the user sex between male and female. Press ENTER button to confirm your choice.
4. Next set the user's age. The default age is 30, presses Incline UP/DOWN or Speed UP/DOWN buttons to adjust the user age. Press ENTER button to confirm.
5. Now set the user height. Press Incline UP/DOWN or Speed UP/DOWN buttons to adjust the user's height then press ENTER button to confirm.
6. After the user profile set up is complete, the console will display the recommend user weight on "RECOM." weight numbers which are calculated through users height based on standard BMI measurements. You can compare the exact body weight and recommend body weight. The console will also automatically generate personalized workout program with target calories and target distance. All you need to do now is press START button and enjoy your workout. After starting the exercise program, the target calories and distance will countdown till zero. The console will adjust speed and incline automatically.
7. You can adjust the speed and incline by pressing related buttons during exercise. The workout time will be changed according to speed and incline change. For example, if you increase speed manually then the workout time will become shorter accordingly. This is due to It because the target calories been preset by IWM, once you increase speed the workout time will become shorter to maintain the same calories consuming.

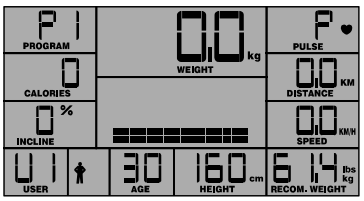
PROGRAM

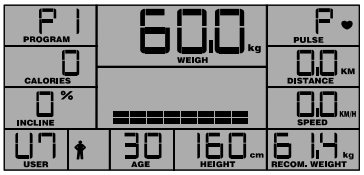
To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U7. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.

SET UP USER CODE

After setting the User WEIGHT, User ID will show a blinking "U1",press UP / DOWN
buttons to choose the User ID from U1 to U7 and press the ENTER button to assign the user ID shown.

COMPUTER OPERATION





SET USER GENDER

After assigning your user ID, the gender icon will display on the Upper LCD. Press the UP/DOWN buttons to switch between male and female icon and press the ENTER button to select your gender.

SET USER AGE

After setting the User gender, the LCD will display the current (or default) setting for Age (30). Press the UP and DOWN button to set the user Age and press ENTER to save.

SET USER HEIGHT

After setting the user Age, the LCD will display current (or default) setting for Height (160 cm / 5'3''). Press the UP and DOWN buttons to set the user height and press ENTER to save.

PROGRAM MODE

After setting the user Height, the LCD will display a blinking P -, indicating that the user is now free to select from Programs 1-8. Press the UP and DOWN buttons to select the program and press the ENTER button to set up that program. Details on each of the Programs follow.

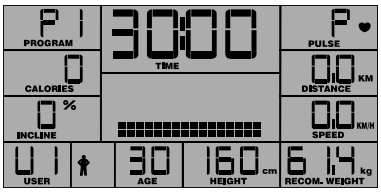
P1 - TARGET TIME PROGRAM

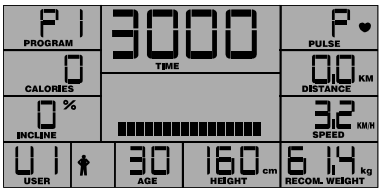
If user selects P1 and presses the ENTER, the LCD will blink 30.00 (min.).The user must next select the target time (min.) and then press ENTER to confirm the setting. The user may then press the START button to begin the program. Time will count down from the defined target time, with an initial speed with 3.2km/hr / 2.0 mph.

The user may press SPEED-UP or SPEED-DOWN to adjust the running speed.

The user may press INCLINE-UP or INCLINE-DOWN button to adjust the treadmill angle.

Press the STOP to pause the program, START to restart, or press the STOP button again to return to POWER ON MODE.





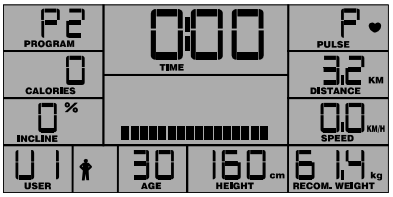
P2 - TARGET DISTANCE PROGRAM

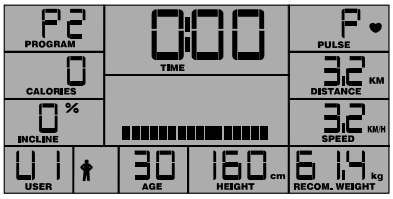
If the user selects P2 and presses ENTER, the LCD will blink 3.2 (km/mi.). The user must next use UP /DOWN to setup the Target Distance, and then press ENTER to confirm the setting.

The user must then press START to begin the program P2 – TARGET DISTANCE.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above.

COMPUTER OPERATION



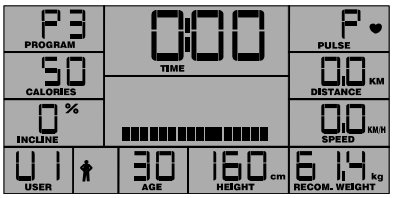


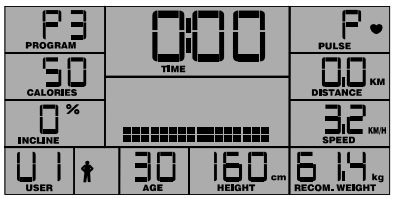
P3 - TARGET CALORIES PROGRAM

If the user selects the P3 program and presses ENTER, the LCD will begin blinking 50 (calories). The user must next use UP / DOWN to setup Target Calories, and then press ENTER to confirm the setting.

The user may then press START to initiate the program, P3 – TARGET CALORIES. At program start the Calories will count down from the Target Calories value, running at an initial speed setting of 3.2km/ h / 2.0 mph.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detai LCD above.





P4 - INCLINE INTERVAL PROGRAM

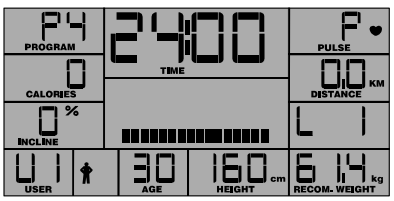
If user selects the P4 program, and presses ENTER, Level and Duration Time need to be setup to start the program.

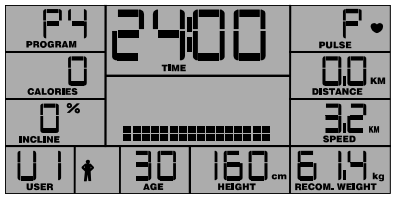
After selecting the P4 program, L1 will first be blinking, and the user must use UP /DOWN to select a Performance Level between L1 and L12, and then press ENTER to confirm the setting.

After setting the preferred Performance Level, the LCD will blink 24:00 (min.) workout time, the user must use UP/ DOWN to setup total workout time in intervals of 4:00 (min.), then press ENTER to confirm the setting.

The user may then press START to initiate the program, P4 – INCLINE INTERVAL.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detaiLCD above.





LEVEL	MIN. INCLINE LEVEL	MAX. INCLINE LEVEL
1	0.0	4.0
2	0.0	7.0
3	1.0	5.0
4	1.0	8.0
5	2.0	6.0
6	2.0	9.0
7	3.0	7.0
8	3.0	10.0
9	4.0	8.0
10	4.0	11.0
11	5.0	9.0
12	5.0	12.0

COMPUTER OPERATION

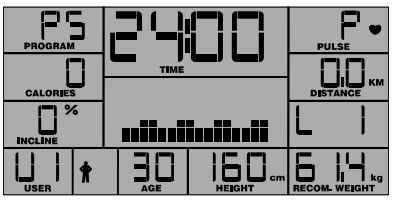
P5 - SPEED INTERVAL PROGRAM

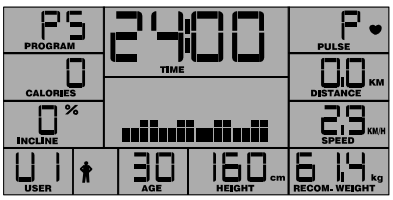
If the user selects P5 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using UP /DOWN to set the min. and max. speed setting.

After setting the preferred Performance level (ENTER), then press ENTER to confirm the setting, the LCD will display a blinking 24:0 (min.) workout time. The user must then use UP /DOWN buttons to adjust the total workout time in intervals of 4:00 (min.) and then pres ENTER to confirm the setting.

The user may press START to initiate the program, P5- SPEED INTERVAL.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at th conclusion of any given program enter the COOL DOWN program as detail LCD above.





LEVEL	MIN. SPEED(ML)	MAX. SPEED(ML)	MAX. SPEED(KM)	MAX. SPEED(KM)
1	1.8	3.0	2.9	4.8
2	2.0	3.4	3.2	5.4
3	2.2	3.8	3.5	6.1
4	2.4	4.2	3.8	6.7
5	2.6	4.6	4.2	7.4
6	2.8	5.0	4.5	8.0
7	3.0	5.4	4.8	8.6
8	3.2	5.8	5.1	9.3
9	3.4	6.2	5.4	9.9
10	3.6	6.6	5.8	10.6
11	3.8	7.0	6.1	11.2
12	4.0	7.2	6.4	11.5

P6 - WEIGHT LOSS PROGRAM

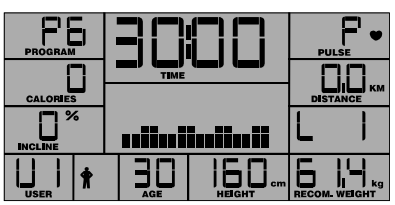
If the user selects P6 and presses ENTER, L1 will first be blinking and the user must select a Performance Level between L1 and L12 using UP /DOWN to set the min. and max. speed and incline settings.

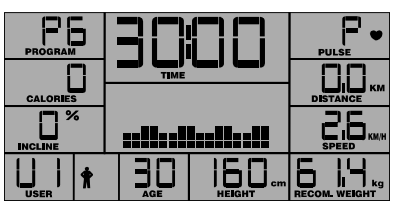
After setting the preferred Performance level, the LCD will display a blinking 30:00 (min.) workout time. The user must then use UP /DOWN buttons to adjust the total workout time in intervals of 5:00 (min.) and then press ENTER to confirm the setting.

The user may then press START to initiate the program, P6 – WEIGHT LOSS.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at th conclusion of any given program enter the COOL DOWN program as detai LCD above.

Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.





COMPUTER OPERATION

LEVEL	MIN. SPEED(ML)	MAX. SPEED(ML)	MIN. SPEED(KM)	MAX. SPEED(KM)	MIN. INCLINE LEVEL	MAX INCLINE LEVEL
1	1.6	2.8	2.6	4.5	0	1
2	1.8	3.0	2.9	4.8	0	2
3	2.0	3.2	3.2	5.1	1	3
4	2.2	3.4	3.5	5.4	1	4
5	2.4	3.6	3.8	5.8	2	5
6	2.6	3.8	4.2	6.1	2	6
7	2.8	4.0	4.5	6.4	3	7
8	3.0	4.2	4.8	6.7	3	8
9	3.2	4.4	5.1	7.0	3	9
10	3.4	4.6	5.4	7.4	4	10
11	3.6	4.8	5.8	7.7	4	11
12	3.8	5.0	6.1	8.0	4	12

P7- 5K SELF LEARNING PROGRAM

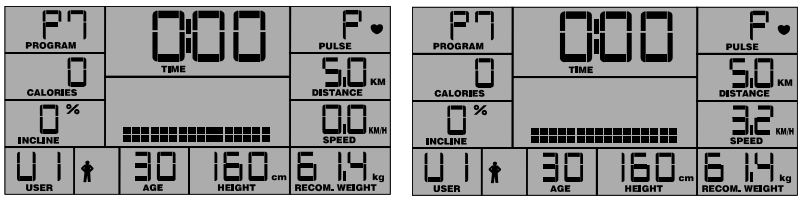
If the user selects the P7 and presses ENTER, the display shows the preset distance 5 km / 3mph.

The user may then press START to initiate the program, P7 – 5K SELF LEARNING. The Speed starts from 3.2 km/h / 2.0 mph, and Time and Calories begin to count up from 0. During the course of the workout, Distance will gradually count down from 5 km / 3 mi.

At the end of the workout the user may observe the Time and Calories displayed and note these values as target parameters to be improved upon in the next workout session (for example with the goal to achieve a faster time and/or a higher level of calories spent).

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above.

Note: During the workout Users can override the Speed and Incline settings by pressing the SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN buttons.



P8 - HEART RATE CONTROL PROGRAM

If the user selects P8 and presses ENTER, the display will show a calculated initial Target Heart Rate (based on user age) as shown at the end of this manual. The user must now set the Target Heart Rate using UP / DOWN according to the user's own physical condition and professional trainer or doctor's instruction, and then pressing START to confirm the user-defined setting. After this the user must then enter a Total Workout Time in 3:00 (min.) intervals or accept the default 60:00 (min.).

The user may then press START to initiate the program, P8 – HEART RATE CONTROL.

COMPUTER OPERATION

Upon beginning the HEART RATE CONTROL program, up to 3 consecutive 3 minute monitoring phases are executed just after the program initiates and the belt begins moving.

Phase 1 – Speed Adjust
In the first Phase, the user's heart rate will be monitored continuously and at 30 second intervals counting down from 3:00 (min.). If the Threshold Heart Rate (approx. 75% Target Heart Rate) is not met, the Speed of the treadmill will be increased at 0.8 km/hr / 0.5 mph at a time. The treadmill will continue to increase Speed in this Phase beginning at 3.2 km/h / 2 mph up to the maximum of Level 7.2 km/h / 4.5 mph. If the Threshold Heart Rate is met in this Phase, then the program skips Phase 3 below and begins directly with HEART RATE CONTROL MODE.
Note: The Speed will not change when the program cannot detect the heart rate.

Phase 2 – Incline Adjust
In the second Phase, the user's heart rate will again be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Threshold Heart Rate (approx. 75% Target Heart Rate) is still not met, the Incline of the treadmill will be raised at one level at a time. The treadmill will continue to raise during this Phase up to the maximum of Level 5. If the Threshold Heart Rate is met in this Phase, then the program skips Phases 2 and 3 below and begins directly with HEART RATE CONTROL MODE.
Note: The incline level will not change when the program cannot detect the heart rate.

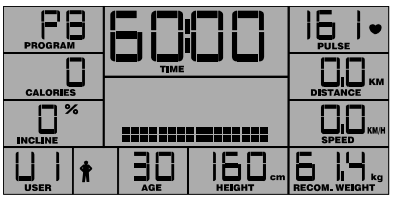
Phase 3 – Extended Monitoring
In the third Phase, there is no further change to Incline or Speed, and the user's heart rate in monitored continuously counting down from 3:00 (min.) at fixed Speed and Incline settings. If during this period the Threshold Heart Rate (approx. 75% Target Heart Rate) is not met then the display will give an indication that the HEART RATE CONTROL Program has frail (shows the word FAIL at the top of the display) and after blinking 10 seconds will return to the POWER ON MODE. If during the extended monitoring period of 3 minutes the Threshold Heart Rate is achieved the program will switch over to HEART RATE CONTROL MODE as described in the next section.

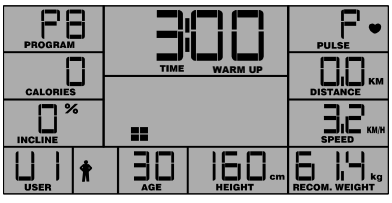
HEART RATE CONTROL MODE

When the program enters into the HEART RATE CONTROL Program, the total time continues to count down, Calories spent and Distance traversed increase, and the treadmill will run with the same Speed and Incline level determined by the warm-up phases (Incline, Speed, and Extended Monitoring). Throughout the duration of the program, the Incline level will be adjusted to maintain the Target Heart Rate, and

speed will be subsequently adjusted if the incline reaches a minimum or maximum level. At every 30 second interval the program will monitor the actual user hear rate and modify incline or speed to maintain the user-defined Target Heart Rate. If the Target Heart Rate is exceed for just over 3:00 (min), then the monitored heart rate will flash 10 seconds before the unit switches into COOL DOWN MODE. If the unit cannot detect the actual heart rate it will display a 'P' (pulse) in place of the heart rate value until the sensors pick up a signal. If no pulse can be detected for a period of more than 30 seconds, incline and speed will reduce to their minimum levels (L0 (level) and 3.2 km/h / 5 mph) respectively.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above.





COMPUTER OPERATION

P9 -11: CUSTOM COURSE 1 – 3 (C1-C3) PROGRAM

If the user selects the P9 program and presses ENTER, the LCD will display the previously saved Speed Profile or Preset Profile. The program can maintain settings for a total workout period of 60 minutes.

The user may then press START to initiate the program, P9 – CUSTOM COURSE 1. The user can adjust speed and incline intervals using SPEED-UP/SPEED-DOWN and INCLINE-UP/INCLINE-DOWN, respectively. The program is designed to then record the settings made for both incline and speed at 1:00 (min.) intervals for replay at a later time. The program automatically enters COOL DOWN MODE when the user presses STOP.

Upon exiting the program (with STOP) and/or after the COOL DOWN MODE, the user will be queried as to whether the recorded workout session should be saved for repeat use or not. The user can then press ENTER to save the recorded workout profile or press BACK to return to the POWER ON MODE without saving.

Extending/Reducing Recorded Time

When running a previously recorded program, the user can extend the time duration of the CUSTOM COURSE by pressing START before the time counts down to zero. Similarly, pressing START at this time will also allow the user to toggle between the option to extend training time duration or reduce it. With each contact of the START button during the duration of the CUSTOM COURSE program, it will toggle between EXTENDED and REDUCED MODE.

Extended Mode

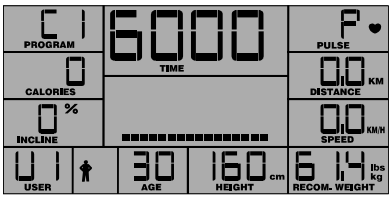
Pressing START from within the workout period or during COOL DOWN allows the user to enter extended mode and then continue to alter speed and incline settings until a maximum of 60:00 (min) is reached.

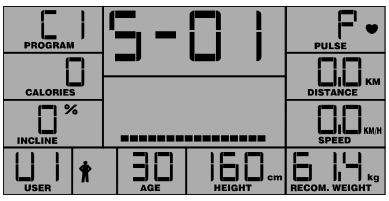
Reduced Mode

Toggling with START to Reduced Mode and then pressing STOP ends the workout and deletes all subsequent speed and incline settings that may have been previously been stored in that program.

As previously described in Program P1, the user may at any time during the workout period alter the speed with SPEED-UP / SPEED-DOWN, angle with INCLINE-UP / INCLINE-DOWN. The User may also pause (STOP) or STOP (2x) the workout, and will at the conclusion of any given program enter the COOL DOWN program as detail LCD above. If the total workout time is reached or if the user decides to STOP the program, the SAVE screen will be portrayed, giving the user the option to save the recorded session for use. The Save screen as shown below stays open for access over a course of 10 seconds. Should the counter be permitted to count down to zero then a 1 min. COOL DOWN Program is initiated first. The user may still interrupt the COOL DOWN sequence, by pressing STOP sequentially.

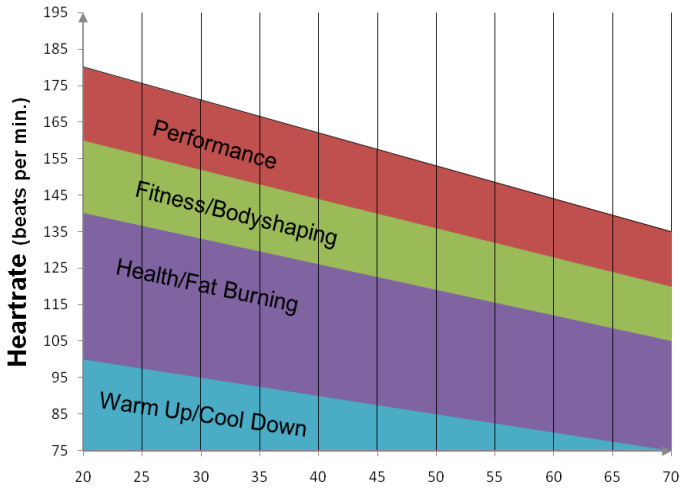
To save the last set of 1 min. intervals executed, the user must now simply press ENTER. This will overwrite any previous interval settings for this program. To not save or overwrite the previous data the user must simply press STOP (once and again), and they will be returned to POWER ON MODE.





COMPUTER OPERATION

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: 50 – 70% of your max. heartrate

Fitness/Bodyshaping: 70 – 80% of your max. heartrate

Performance: 80 - 90% of your max. heartrate

Example:

You are 25 years old and want to train for the target Fitness:

220 – 25 = 195

70% of 195 = 136.5

80% of 195 = 156

Your target-heartrate should be between 136.5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case